WINNIPEG metro®

NEWS WORTH SHARING.

Matrix Meridian Dual Flush
3.5 or 6.0 Flush,
Special Price $299.99
Less credit $(60.00)*
$239.99 INSTALLED
Included New Wax Seal, New Flex Line, New Flange Bolts. rebate: is a City of Winnipeg Rebate Program. Customer is responsible for recapture of rebate monies, in conjuntion with City of Winnipeg Rebate Regulations.
This offer does not include any repair or replacement to existing floor flange or rotting flooring and cannot guarantee new toilet matching existing bathroom flooring. Call for details.
ONTIME Electric · Plumbing · Heat & Air
635 Ferry Rd.
www.ontimegroup.ca
It's time to call 204-774-1474

## MAKE OR BREAK

THIS WEEK WILL BE CRUCIAL FOR THE JETS AS THEY SCRAMBLE TO CLINCH A PLAYOFF SPOT IN THE TIGHT EASTERN CONFERENCE

PAGE 25

# Winnipeg runner left rattled after Boston bombing

**Reaction.** Woman spends nervous afternoon waiting to hear from husband taking part in marathon

A Winnipeg woman was relieved to hear her husband's voice Monday, after she nervously waited for a call from the Boston Marathon participant after a pair of bombs planted near the finish line exploded, killing at least three and injuring dozens of others.

"He's OK, but he did sound shaken up," Suzanne Pazerniuk told Metro after getting the call from her husband, Peter, 41, one of 32 Winnipeggers who ran in the annual marathon.

Although the marathon's website showed Peter had finished the race before the explosions, Suzanne had worried because he had planned on waiting by the finish line once he finished the race to watch six friends cross the line after him.

Luckily, Peter said he was getting a post-race massage in the basement of a building about 200 metres away from the bombs when they exploded on the street shortly before 2 p.m. Winnipeg time.

"A guy came in and said we were being evacuated, they were closing the building because there'd been a couple of explosions — it was time to go," he told Metro over the phone from his Boston hotel room. "I was fortunate to be a distance away. It would have been horrible to have seen something like that."

Peter said he saw a barrage of emergency vehicles "barrelling" to the scene as he and four other Manitoba runners quickly left the area and caught a subway back to their hotel.

True North Sports and Entertainment VP Kevin Donnelly told media he was only about 150 metres away from the blasts when they happened. He was not hurt.

"I could see them when they went off. ... As I looked back towards the finish line there was just this massive boom, followed by a second one shortly later. No one knew what was going on and instantly you started to hear sirens."

Shirley Lumb, executive director of the Manitoba Marathon, said the members of her organization watched television coverage "with broken hearts."

SHANE GIBSON/METRO
WITH FILES FROM THE CANADIAN PRESS

Police officers draw their weapons on Monday after hearing a second explosion on Boylston Street in Boston during the 117th Boston Marathon. The first blast knocked down a runner near the finish line. More coverage on page 5 and online at metronews.ca. JOHN TLUMACKI/THE BOSTON GLOBE VIA GETTY IMAGES

FORD CHEVROLET DODGE GMC CHRYSLER KIA TOYOTA CADILLAC
Apply online @ AutoMallFinance.com
1-877-796-0505
NEW & USED
GUARANTEED APPROVAL ALL LEVELS OF CREDIT
NEED A CAR NEED FINANCING
NEED A GREAT DEAL
100'S OF VEHICLES AT SALE PRICES!
What's your trade worth? Check it now @ AutoMallFinance.com
VANS STARTING@$89 B/W
CARS STARTING@69 B/W
TRUCKS STARTING@$119 B/W
SUV'S STARTING@$99 B/W
IF YOU CALLED US YESTERDAY, YOU WOULD BE DRIVING TODAY!
AUTO MALL FINANCE 1000-1717 WAVERLEY ST. WINNIPEG, MB

# THERE'S A REAL ADVANTAGE TO
# CHOOSING ROGERS.

**CHANGE YOUR PLAN FOR FREE**
Adjust your smartphone plan at any time, as often as you need, for free.[1]

**UPGRADE ANYTIME**
Get the latest smartphone, anytime, when you pay off your remaining balance.[2]

***ROGERS TECHXPERT™***
Get access to your own personal support expert whenever you need technical help. Available 24/7 online or by phone.[3]

**DEVICE PROTECTION**
Solutions if your device malfunctions or is lost, stolen or damaged. Available with Anti-Theft and Anti-Virus.[4]

CALL 1 888 ROGERS1 | CLICK rogers.com/freedomadvantage | VISIT your local Rogers retail store

ROGERS™

Offer available for a limited time and subject to change without notice. **1** If customer purchased a discounted device based on satisfying plan eligibility criteria, customer must switch to a plan that maintains such eligibility to switch at no charge. **2** FLEXtab customers must pay remaining FLEXtab balance corresponding to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. For non-FLEXtab customers, please call or visit your Rogers store for your applicable remaining balance. A $35 Hardware Upgrade Administration Fee will also apply. **3** Monthly $7.99 fee applies (unless included in selected DP plan). Services only provided for the wireless device attributable to telephone number for which it was subscribed. Some exclusions apply (e.g. hardware/software training; product repair/replacement etc.); visit rogers.com/terms for details. **4** Lost/stolen coverage not available in NL, SK & PQ. Anti-theft/anti-virus tools on select devices only. Monthly service fee applies (varies based on device/plan selected). Service replacement fee (varies based on device) applies for claims. Other conditions apply. Visit rogers.com/protection or see brochure in store for details. Visit rogers.com/phonefinder for phone finder details. © 2013 Rogers Communications.

## City report: Portion of William Ave. should be one-way

A city report is recommending turning a short block of William Avenue into a one-way street.

The stretch of William that would be affected is located between Main and King streets.

Coun. Dan Vandal (St. Boniface), chair of the infrastructure renewal and public works committee, said the request for this change came from Red River College.

"It was just to facilitate loading and parking for their Paterson food institute," said Vandal, adding the College also plans on making the area "esthetically pleasing."

The committee will discuss and likely vote on the matter during its Tuesday morning meeting.

In the report, Luis Escobar, the city's manager of transportation, states the "proposed change in operation to one-way westbound is not anticipated to have a negative effect based on consultation with Winnipeg Transit and other stakeholders."

If this change is approved, the two lanes of eastbound traffic on William will turn left onto northbound King Street.

Those wanting to head south on Main Street will have to turn right onto James Avenue from King Street and then onto Main, effectively going around city hall.

Red River College acquired the Union Bank Tower and Annex Building and started renovations on them in 2009. It now houses the college's hospitality and tourism management program, a residence, kitchen labs and a restaurant.

BERNICE PONTANILLA/METRO

## Suspects sought. Fire in North End arson: Police

Police are looking for three teenaged suspects after determining a fire in the North End Sunday was deliberately set.

Emergency crews were called to a blaze at a vacant home in the 600 block of Boyd Avenue around 4 p.m.

No one was injured in the fire, which caused an estimated $175,000 in damages.

Police said three male suspects were seen in the area shortly before the fire was discovered.

Firefighters at the scene on Boyd Avenue. HOWARD WONG/FOR METRO

Anyone with information should call investigators at 204-986-6813, or Winnipeg Crime Stoppers at 204-786-TIPS.

METRO

## Crime. Suspect found, facing charges in homicide

Winnipeg police have confirmed the woman found dead in a Weston area home over the weekend is now the city's sixth homicide of 2012.

Officers found the woman, who is not being identified by police, in a home in the 1100 block of Alexander Avenue around 11:30 a.m. Saturday.

While police continued to call the incident a "suspicious death" until Monday morning, a suspect — Christopher Mackenzie Campbell, 42 — was identified and the public was asked to help track him down later in the day Saturday.

Campbell was arrested Sunday in Regina and taken into custody without incident, according to Winnipeg police. Police have not said what relationship Campbell has with the victim.

Campbell is facing a charge of second-degree murder, and police are transferring him to Winnipeg. SHANE GIBSON/METRO, WITH FILES FROM THE CANADIAN PRESS

# Manitoba budget will battle floods, deficit

### $567M in the red.
Tax hikes possible as NDP deals with debt

Manitoba taxpayers may have to dig deeper into their pockets after Tuesday's provincial budget.

Finance Minister Stan Struthers hinted at possible tax increases in a recent interview, as he said the NDP government must find money to pay for rising costs that include new flood-fighting measures.

"That's a question for Tuesday's budget, and we're going to be upfront and forthright with Manitobans in terms of how we pay for these big bills that we face — very necessary bills, very necessary projects, but we have to pay for them," Struthers said.

The government is in the midst of a string of deficits that it hopes to end by the 2016-17 fiscal year. It has pointed to the disastrous flood of 2011 as a major cause. The cost of fighting and recovering from the flood has topped $1.2 billion, although much of that will be recouped from the federal government under national disaster-aid and agricultural programs.

But spending has also climbed steadily. Cost overruns have already pushed the projected deficit for the current fiscal year to $567 million from $460 million.

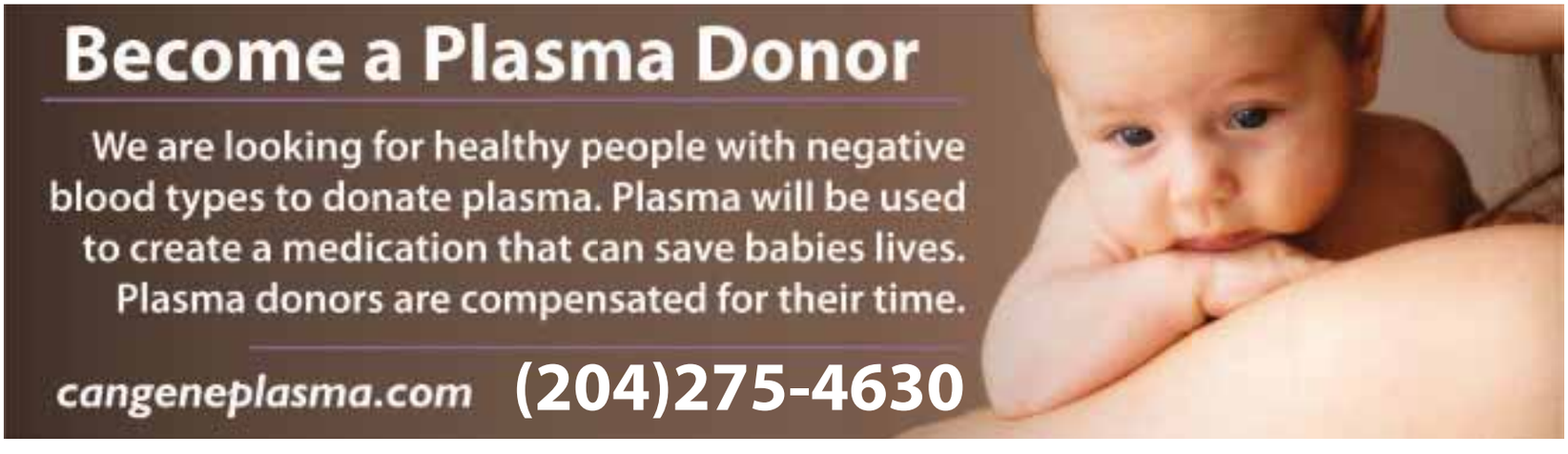
Struthers is now facing more calls for flood-fighting dollars. An independent review of the 2011 flood released earlier this month called for, among other things, a new reservoir or diversion channel along the Assiniboine River and a second outlet on Lake Manitoba to reduce water levels when necessary. The total price tag could top $1 billion over multiple years. THE CANADIAN PRESS

**Quoted**

**"The NDP's ... high-spending problem has become a problem for Manitobans because it translates to a high tax problem for people."**

Tory Leader Brian Pallister

Finance Minister Stan Struthers tables the 2012 provincial budget last year. JOHN WOODS/THE CANADIAN PRESS FILE


Become a Plasma Donor
We are looking for healthy people with negative blood types to donate plasma. Plasma will be used to create a medication that can save babies lives.
Plasma donors are compensated for their time.
cangeneplasma.com
(204)275-4630

METRO CUSTOM PUBLISHING

Transit Tuesday

Weekly Transit News Update

## BUSTXT FOR PEOPLE ON THE MOVE

BUStxt is Winnipeg Transit's Short Message Service (SMS) for real-time transit information. Text 287898 to get up to the minute bus departure times, locate the nearest bus stop and more.

## CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of South and South East Winnipeg. DART buses operate during off-peak hours only and are cell phone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

## GET INTO THE DOWNTOWN SPIRIT

The next time you and your friends are planning lunch at your favorite downtown restaurant don't forget about the Downtown Spirit. Our free shuttle service is a great way to travel to most of Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you - for complete route and schedule information visit winnipegtransit.com or call 311.

## GET MOBILE WITH BUSGUIDE

BUSguide is the mobile version of Winnipeg transit's award winning website. You'll get the same great features and information in a format that is optimized for internet-enabled mobile devices.

## DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit our Lost Property Office at Winnipeg Transit's Downtown Service Centre located in Winnipeg Square.

## PARK AND RIDE... AND RELAX!

Simply park your car at a Park & Ride location near you and take the bus to your destination. You'll enjoy the convenience and probably save a few bucks in gas while you're at it.

## SAVE SOME GREEN WITH AN ECOPASS!

Talk to your HR rep about getting the EcoPass at your workplace. You and your fellow employees could save from 5% to 100% on transit.
Visit winnipegtransit.com or call 311 for more information.

Among the materials used on the ramps is translucent alabaster from Spain that will be illuminated from within. ALL PHOTOS BY BERNICE PONTANILLA/METRO

# Take a look inside the city's newest landmark

**Canadian Museum for Human Rights.** Ready to announce opening date as building edges toward completion

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Expect an opening date for the Canadian Museum for Human Rights to be made public next month, president and CEO Stuart Murray says.

"I know people are wondering when we're going to be announcing the opening date," Murray said on Friday during a media tour of the museum.

"By May, we'll be able to tell Winnipeg and the world when we're going to open this amazing building."

The $350-million, 260,000-square-foot museum is designed by architect Antoine Predock and was inspired by Canadian landscapes such as the Prairie sky, northern lights, snow and ice.

Murray said the base building is close to completion and the next step will be putting in the 47,000-square-feet of exhibition space.

The museum will offer several new views of the Winnipeg skyline.

The floor tiles at the Stuart C. Clark Garden of Contemplation are made of volcanic lava basalt.

The view under the Tower of Hope, which is 100 metres high, or 23 storeys.

# Blood on the pavement

**Boston Marathon bombing.** White House treating carnage as an act of terror, official says

Two bombs exploded in the packed streets near the finish line of the Boston Marathon on Monday, killing at least three people and injuring more than 140 in a terrifying scene of shattered glass, bloodstained pavement and severed limbs at the world's most prestigious marathon, authorities said.

An eight-year-old boy was among the dead, according to a person who talked to a friend of the family and spoke on condition of anonymity.

A senior U.S. intelligence official said two other bombs were found near the end of the course in what appeared to be a well-co-ordinated attack.

There was no word Monday night on the motive or who may have carried out the attack, and police said they had no suspects in custody.

"They just started bringing people in with no limbs," said runner Tim Davey, of Richmond, Va. He said he and his wife, Lisa, tried to keep their children's eyes shielded from the gore inside a medical tent, but "they saw a lot."

"They just kept filling up with more and more casualties," Lisa Davey said.

Some 23,000 runners, including more than 2,000 Canadians, took part in the race.

Of the dozens wounded, hospitals reported at least 15 were critically injured.

The fiery twin blasts took place almost simultaneously and about 100 metres apart. The spectators' cheers turned to screams. Huge shards of glass burst from windows, and blood pooled on the pavement.

A few kilometres away and around the same time, a fire broke out at the John F. Kennedy presidential library. Police said it may have been caused by an incendiary device but didn't appear to be related to the bombings.

THE ASSOCIATED PRESS

**The wounded**

## *Hospitals in panic mode*

Dr. Alasdair Conn said Massachusetts General Hospital was treating 22 patients Monday night. Six were in surgery just after 5 p.m. for critical injuries. At least four victims had "traumatic amputations."

The hospital enacted its emergency disaster plan, calling in all available staff and cancelling all elective surgeries.

Boston Medical Centre received 20 patients, including two children.

Brigham and Women's Hospital reportedly had 26 patients, including a three-year-old who was transported to Children's Hospital.

JILL GADSBY/METRO WORLD NEWS IN BOSTON

Emergency workers on site for the marathon scrambled to help the injured. DAVID L. RYAN, THE BOSTON GLOBE/THE ASSOCIATED PRESS

# Tories slammed for misleading attack ads

Pundits and pollsters weren't the only ones predicting weeks ago that Justin Trudeau was a shoo-in for the Liberal leadership — so too, it would appear, were the Conservatives.

The website that's home to the widely anticipated Conservative attack campaign against Trudeau was registered March 22, three weeks before Sunday's vote.

By Monday, the site — justinoverhishead.com — included three separate attack ads, links to a related Facebook page and a Tory fundraising pitch.

The ads began appearing on television within hours of the Sunday night announcement that Trudeau had won the leadership; by mid-day Monday, thousands more people had seen them online.

But just as the web giveth, it taketh away: as soon as the Tories posted the ads casting doubt on Trudeau's judgment and experience, fact-checkers were picking them apart.

The ads show footage taken from a 2011 bachelor-auction fundraiser in which Trudeau is seen dancing on a stage and suggestively removing his shirt.

Justin Trudeau won the federal Liberal leadership race by a landslide. ADRIAN WYLD/THE CANADIAN PRESS

The images were traced back to a fundraiser for the Canadian Liver Foundation.

"We expected attacks, but we didn't expect even them to attack (Trudeau) for raising money for cancer research," Gerald Butts, one of Trudeau's chief advisers, wrote on Twitter.

An ad about Quebec uses clips from an interview Trudeau gave to CTV in 1999.

"Quebecers are better than the rest of Canada, because, you know, we're Quebecers or whatever," a young Trudeau is shown as saying. The narrator describes the comment as a display of poor judgment.

The full CTV segment, a link to which quickly circulated online, suggests Trudeau was actually talking about his father.

"His philosophy, certainly as he passed it on to us, has always been, you know, Quebecers are better than the rest of Canada, because, you know, we're Quebecers or whatever," Trudeau says in the segment.

THE CANADIAN PRESS

**Trudeau's response**

**On Monday, Trudeau called the ads awkward and a source of bemusement.**

- **Silver lining.** He hopes the footage from the Canadian Liver Foundation fundraiser will generate attention for the charity.
- **Expected.** He said that, because he's been in the public eye since childhood, there's likely plenty in his history his opponents will try to use against him.

Bayshore Home Health

CANADA'S BEST MANAGED COMPANIES Platinum member

Bayshore Home Health is a Canadian-owned company that is a leader in home and community health services. We promote a culture based on respect, continuous learning and improvement, and valuing our employees' individuality and contributions. Our caregivers enjoy competitive compensation, group benefits, flexible hours and diverse assignments.

OPEN HOUSE
Health Care Aide, Home Support Worker, Registered Nurse and Licensed Practical Nurse

We are seeking the following positions to serve the Winnipeg area, HCA, HSW, RN and LPN. If you are interested in this opportunity please join us for our open house to be held on April 17 and 18. Interviews will be held on a first come first serve basis. Be sure to bring the following items: up to date resume, two references and child abuse registry check.

On site interviews:
Wednesday, April 17 and Thursday, April 18
9am - 7pm

Bayshore Home Health
1700 Ness Avenue, Winnipeg, MB R3J 3Y1
204.943.7124

*Better care for a better life*

www.bayshore.ca

# U.S. justices wary of gene patenting

**Medical research.** Company argues DNA they isolated is 'markedly different' from that found in the body

The U.S. Supreme Court seemed worried Monday about the idea of companies patenting genes that can be found inside the human body, as it heard arguments in a case that could profoundly reshape medical research and the fight against diseases like breast and ovarian cancer.

The U.S. Patent and Trademark Office has been awarding patents on human genes for almost 30 years, but opponents of Myriad Genetics Inc.'s patents on two genes linked to increased risk of breast and ovarian cancer say patent protection should not be given to something that can be found inside the human body.

"Finding a new use for a product of nature, if you don't change the product of nature, is not patentable. If I find a new way of taking gold and making earrings out of it, that doesn't entitle me to a patent on gold. If I find a new way of using lead, it doesn't entitle me to a patent on lead," lawyer Christopher Hansen said.

Allowing companies like Myriad to patent human genes will slow down or cripple medical research like in the battle against breast cancer, he said.

But companies have billions of dollars and years of research on the line, with Myriad arguing that without the ability to recoup their investment through profits from patents, breakthrough scientific discoveries needed to combat all kind of medical maladies wouldn't happen.

That concerned several justices. "Why shouldn't we worry that Myriad or companies like it will just say, 'Well, you know, we're not going to do this work anymore?'" Justice Elena Kagan said.

The Supreme Court has already said that abstract ideas, natural phenomena and laws of nature cannot be given a patent, which gives an inventor the right to prevent others from making, using or selling a novel device, process or application.

THE ASSOCIATED PRESS

**Recipe for a slippery slope?**

**"I can't imagine getting a patent simply on the basic items of salt, flour and eggs, simply because I've created a new use or a new product from those ingredients."**

**Justice Sonia Sotomayor.** There was an attempt in court to break the gene-patenting argument down to an everyday level by discussing chocolate chip cookies, baseball bats and Amazonian jungle plants.

## Prized piece displayed for Titanic anniversary

Auctioneer Alan Aldridge holds the violin of Wallace Hartley, the instrument Hartley played as the band leader of the Titanic, on the 101st anniversary of the sinking of the ship on Monday in Devizes, England. The auction house, which specializes in Titanic memorabilia and is having an associated sale on Saturday, spent seven years proving the violin was genuine and belonged to Hartley, who with his orchestra famously played on as the ship sank in 1912, and were among the 1,500 who died. Long thought to have been either lost at sea or stolen, it is being described, as far as Titanic memorabilia goes, as one of the most important pieces that has ever come up for sale. It's thought to be worth a six-figure sum.

MATT CARDY/GETTY IMAGES

## Samsung. Galaxy S4 could hit Canada by April's end

Samsung's next flagship phone, the Galaxy S4, will hit Canada as early as April 27.

Mobile providers are now taking pre-orders for the new five-inch smartphone, Samsung's rival to Apple's iPhone.

Those who pre-order a phone in advance, for about $200 on a three-year contract or $700 without a contract, should get it by the end of the month.

The phone is then expected to go on sale May 3.

Samsung is highlighting a slew of software features as the main differentiators for its latest Galaxy phone, including a bolstered photo app and gestures that allow the device to be controlled without touching the screen.

THE CANADIAN PRESS

## Slow, but steady. Home resales up from last month, down from 2012

Canada's housing market continues to show signs of slowing from the torrid pace set in recent years, but also defying the worst fears of an imminent collapse.

The Canadian Real Estate Association reported Monday that existing home sales in the 26 municipal markets it tracks rose a seasonally-adjusted 2.4 per cent in March over the previous month, but were down 15.3 per cent from last year.

That's an indication that Finance Minister Jim Flaherty's actions of last summer to tighten mortgage lending, along with home-buying fatigue, are exerting a drag on the market.

But fears that housing was due for a sharp correction remain unrealized as more than half of the local markets saw greater activity, and average home prices — while subject to regional variations — on average rose 2.5 per cent from a year earlier to $378,532.

"The readings today suggest that the Canadian housing market is beginning to thaw out from its regulatory-induced freeze," said TD Bank economist Sonya Gulati.

THE CANADIAN PRESS

**New York City**

### Simon & Schuster to offer ebooks to libraries

The publisher of Stephen King, Bob Woodward and other top-selling authors has changed its policy of withholding ebooks from libraries.

Simon & Schuster announced a one-year pilot program Monday with three New York City library systems that cover the city's five boroughs. Simon & Schuster had been the last of the "Big Six" publishers to keep its entire e-catalogue off-limits to libraries. Publishers have worried that free library downloads could lead to lost sales, while libraries have advocated for the largest possible selection.

"We've been having conversations with libraries for a long time, trying to come up with something that we felt would work for us. And I think we finally found the key pieces," Simon & Schuster's president and CEO, Carolyn Reidy, said Monday.

One key piece: Allowing patrons to buy copies of a given book, with some of the proceeds going to the library. THE ASSOCIATED PRESS

**Arctic foothold**

### China, Iceland sign free-trade pact

China and Iceland signed a free-trade agreement Monday, offering hope to the small North Atlantic country for its recession-battered economy and giving Beijing a leg up in its drive for expanded influence in the Arctic.

The China-Iceland free-trade pact will lower tariffs on a range of goods and is expected to boost seafood and other exports from the remote Nordic state to the world's second-largest economy. It comes at the start of a five-day visit to China by Icelandic Prime Minister Johanna Sigurdardottir that highlights her country's attempts to diversify an economy that was badly mauled by the bursting of a massive financial bubble in 2008.

Chinese Premier Li Keqiang said the agreement was "a major event in China-Iceland relations."

Iceland has unique importance to China as it attempts to gain a foothold in the Arctic, where melting ice is opening passages for shipping and could create a boom in extraction of resources such as gas, oil, diamonds, gold and iron.

THE ASSOCIATED PRESS

**Advocacy group**

### Internet Society opens in Canada

A Canadian chapter of the Internet Society, which advocates on digital issues on behalf of all web users, is officially open for membership.

Canada is the last G20 nation to have a national branch within its borders. The group said it will involve itself with issues including net neutrality, rural accessibility, service-provider concentration and cross-ownership of content providers by Internet carriers. THE CANADIAN PRESS

**Market Minute**

**DOLLAR** 97.52¢ (-1.12¢)

**TSX** 12,004.88 (-332.71)

**OIL** $88.71 US (-$2.58)

**GOLD** $1,361.10 US (-$140.30)

**Natural gas:** $4.14 US (-9¢)
**Dow Jones:** 14,599.20 (-265.86)

# 3RD WHEEL'S UNEXPECTED CHARMS

Some might say that three's a crowd, but there are actually plenty of advantages when it comes to spending time with an established twosome, provided you follow a couple of important ground rules.

First of all, you can't be insecure; you'll want to let go any feelings of awkwardness or jealousy that will prevent everyone from having a pleasant time. Secondly, you should never agree to a one-on-two date with a brand new couple — there may be nothing more insufferable than being trapped at a dinner table with a pair of smitten kittens who can't keep their paws to themselves.

But if you're selective about who you play "plus one" with and resist the urge to throw a pity party for yourself, you'll realize that tagging along as the proverbial third wheel can actually mean a whole variety of unexpected benefits.

SHE SAYS

**Jessica Napier**
metronews.ca

**You'll be the centre of attention**

If you're convinced that a dating duo would only extend an invite to a solo friend out of pity, think again. Even the happiest couples get tired of each other — especially those who live under the same roof — and welcome the opportunity to hang out with someone new. So instead of thinking of yourself as an intrusive third wheel, realize that you're actually an exciting guest star. Spending the evening with a couple who are desperate for new material means you'll have an attentive audience to laugh at your jokes, give you advice on your own relationship problems, and listen vicariously as you relay stories of your crazy single life.

**It's a cheap night out**

In my experience, couples are usually so appreciative to have someone else join them for a night out that they'll offer to pay your way. Third wheelers can enjoy complimentary cocktails, free meals, movie tickets and many other benefits of having a significant other for the night without having to deal with any of the annoying aspects of being in a relationship.

**You don't have to bother looking good**

Even though you're hanging out on date night, you're not actually the one on a date. Relieved of the pressure to impress, you can leave the Spanx at home and enjoy a nice night out with minimal effort.

**You might learn something**

Whether or not you're in a relationship of your own, there can be many educational moments that arise when you're spending time with another couple in an intimate setting. Think of it as relationship reconnaissance: Observing other people's dating habits from close up can help you glean some insights into what you do (or don't) want in your current or future partner. Alternatively, watching two friends bicker passive-aggressively over appetizers can give you a newfound appreciation for single life.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

# In the ink of health

DAVE CHIDLEY/THE CANADIAN PRESS

## Cancer tattoo strikes right note

Casandra Graham had a single mastectomy after being diagnosed and treated for breast cancer in 2009. And although she opted for reconstruction, she wasn't keen on having a surgically created nipple.

"I had looked on the Internet at probably thousands of photos of nipple reconstructions and as good as the job may be, it'll never be exactly the same as your other one because it's just not natural anymore," Graham, 38, said from her home in London, Ont. "And I didn't like how it looked.

"So I said, you know what, I'm just not going to do it at all. And since I happened to know a couple of tattoo artists — my husband owns a shop — I'll just get it tattooed."

Graham put together a design that combined several images she found online, including small hearts, a pink ribbon that symbolizes breast cancer, and some tiny stars.

But the central motif of her pink and black tattoo is a treble clef.

"I can't sing, I can't carry a tune in a bucket ... but I really like music and it was one of the strong things when I was alone that kind of kept my spirits up."

THE CANADIAN PRESS

'I am living'

**"Survivor seems too cliché for me. So in pink writing around the side of the tattoo, I had them write: 'I am living,' because I feel like I'm not just getting by, surviving one day to the next. I'm actually living my life now.** Casandra Graham

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

GREG WESTFALL/FLICKR

**Canadians weary of muttering obscenities at a stubborn winter can rejoice now that patio weather is creeping into our afternoons. That also means it's time to brush up on whip-smart conversation, so grab the early advantage by subscribing to these brain food podcasts on iTunes.**

### 99% Invisible :

A recent lesson on the word jaywalking perfectly illustrates how well this show — which explores the quiet impact design has on daily life — tends to wrap things up in an easily repeated fun fact.

### A History of the World in 100 Objects :

A great idea worthy of its many copycats, each edition of this 100-episode BBC special focuses on one of the countless innovations the modern world is built on, from hand tools to credit cards.

### Quirks and Quarks :

It's past time science got around to explaining how national treasure Bob McDonald and his team manage to pack so much science news and information into a single hour.

Twitter

**The public reacts to the Boston Marathon explosions.**

**@corduroygal:** My thoughts and prayers are with the victims of the bombing in Boston. My run today is now dedicated to you #prayforboston #bostonmarathon

**@DJRedEyezz:** Tragic day in Boston, senseless act #PrayForBoston

**@rajbmanian:** #BostonMarathon victims you are not alone. #Toronto is with you

**@robyntrew:** So saddened to hear of yet another heartless and senseless act of violence. Thoughts are with you, #Boston. #prayforboston

**@SomeGuyDylan:** Once again the world is forced to deal with the actions of some small, ignorant, petty little minds. Stay safe #Boston

**Follow @metropicks and take part in our daily poll.**

**WE WANT TO HEAR FROM YOU:**
Send us your comments: winnipegletters@metronews.ca

metro

**President** Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Winnipeg** Elisha Dacey • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Alison Zulyniak • **Distribution Manager:** Rod Chivers • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO WINNIPEG** 161 Portage Ave E Suite 200 Winnipeg MB R3B 2L6 • **Telephone:** 204-943-9300 • **Fax:** 888-846-0894 • **Advertising:** 204-943-9300 • adinfowinnipeg@metronews.ca • **Distribution:** winnipeg_distribution@metronews.ca • **News tips:** winnipeg@metronews.ca • **Letters to the Editor:** winnipegletters@metronews.ca

DVD reviews

## Django Unchained

**Director.** Quentin Tarantino

**Stars.** Jamie Foxx, Christoph Waltz, Leonardo DiCaprio

Quentin Tarantino's pre-Civil War anti-slavery adventure is his valentine to the spaghetti western genre, specifically the blood-splattered grindhouse movies of his 1960s-to-1970s youth made by Sergio Leone and Sergio Corbucci. Tarantino also tips his Stetson to three bloody Sams — Fuller, Raimi and Peckinpah — who share his filmmaking sensibility that blood should come by the bucketful. And there are shout-outs to a Monty, as in Python, in such scenes of lunacy as when freed slave Django (Jamie Foxx) and his benefactor Dr. Schultz (Christoph Waltz) encounter KKK vigilantes who can't shoot or even see straight. Tarantino is clearly having a grand ol' time, and so are his actors, who include Leonardo DiCaprio as the childlike owner of a vast Mississippi plantation and Samuel L. Jackson as his devoted housekeeper. Each of these players shares the writer/director's filmic vision that both observes and condemns America's bloody history of racism.

## Manborg

**Director.** Steven Kostanski

**Stars.** Matthew Kennedy, Adam Brooks, Meredith Sweeney

This energizing Canuck homage to 1980s sci-fi horror action movies is set in a post-apocalyptic Earth ruled by a demonic Count Draculon and his Nazi vampire stooges. It's the heart-ripping saga of a not-so-super soldier seeking vengeance. Cyborg machinery is grafted onto his reanimated corpse after he dies on the field of battle. Recalling every sci-fi action flick from RoboCop to Mad Max and all the way back to Flash Gordon, it's a marvel of DIY makeup, costuming and special effects.

PETER HOWELL

A group of collar-popping frat boys don hipster disguises in an attempt to pick up girls in Williamsburg. YOUTUBE SCREENSHOT

# Bros take on Brooklyn

**A guy's answer to Girls.** Video editor takes personal experience with hipster girls and turns it into a YouTube short

CASSANDRA GARRISON
Metro World News in New York

What happens when former frat boys trade their popped collars for jean shorts and flannel? What could possibly go wrong when clean-cut bros hop on the L train and venture to Brooklyn in search of hipster girls? Hilarity ensues, as demonstrated in a newly-launched web series inspired by the HBO hit show Girls and created by a Williamsburg veteran.

Video editor Anthony DiMieri, 25, had written a sitcom about 20-something guys living in NYC back in 2010, but when Girls premiered, the idea for a parody colliding two stereotyped sub-cultures just clicked.

"When I saw Girls, I thought, 'Holy crap — this is really close to what I was doing,'" DiMieri told Metro. "It's taking some humour and boiling things down to more sketch comedy. Humour in a web series is different than humour on TV. You have to make people laugh right off the bat."

Thus, Bros was born.

He did a casting call in December, pulled a lot of favours for the low-budget production, and put it on YouTube earlier this week. Bros follows a main character who gets cut off by his parents (sound familiar?) after his post-college life is filled with picking up chicks and playing Call of Duty. His soul-searching is brought to a halt when one of his fellow bros reveals the secrets of picking up hipster girls.

Observing their friend's outfit — a sparkly T-shirt, a purple winter cap and cut-off shorts — the main character and his bros are at first bewildered that this look could ever attract women.

"You look like you skinned a mermaid," a bro exclaims. "And you took her skin, and fashioned it into a crude shirt."

"You haven't been over there. It's different," the bro-turned-hipster responds of Williamsburg.

"You don't even have lenses in your glasses," another bro rebuts, still in utter shock.

But it is the bro-turned-hipster who gets the last laugh when he returns to the apartment that night with a flannel-wearing hottie.

Art imitates life

**"The stuff I was writing about, I sort of based on real-life experience. I definitely lived a similar lifestyle with the Pickleback shots and PBR."**

Bros creator Anthony DiMieri

From there, DiMieri's cast embarks on a transformation as they strive to infiltrate Williamsburg and entice female hipsters with mentions of gin distilleries and "obscure" music. Sure, they run into bumps along the way, like being denied a Long Island Iced Tea from the bartender because it is a "stupid drink." Moments like that are reflections of DiMieri's real-life memories from his time in a Williamsburg apartment he shared with three girls.

"The stuff I was writing about, I sort of based on real-life experience," he said. "I definitely lived a similar lifestyle with the Pickleback shots and PBR. There is some truth to the stereotypes, but we really went over the top and made it cartoonish."

DiMieri has gotten a lot of feedback about Bros but, predictably, some criticism, too, about poking fun at Girls.

"My favourite YouTube comment so far is something like, 'You guys are a**holes for ruining such a good thing,'" he said.

"They think I am attacking the show, but I am not trying to do that."

And the people behind the show itself have already taken notice of Bros. The official Twitter account for Girls started following DiMieri.

"That was a big deal because it was like, 'OK, the people at HBO are watching this,'" DiMieri said.

"I think Lena Dunham and I could probably collaborate and write a really hilarious episode, maybe about bringing the girls to a frat party."

DiMieri, who rejects labels but admitted he is likely part-bro, part-hipster, would like to continue making episodes in the web series, but said it is all based on cost and whether he can find a way to fund the production. Most of the people involved in the first episode worked for free, including the cast members. He is considering launching a Kickstarter campaign.

# The Flaming Lips go to the dark side

**The Terror.** The boys who brought you She Don't Use Jelly dig deep into the depths of the human condition to produce anxiety-laden tracks

PAT HEALY
Metro World News in Boston

When the Flaming Lips appeared in a commercial during the Super Bowl this year, it seemed that after 30 years as a band, they were ready to present themselves definitively to the masses; as fuzzy, funtime freaks who roll around in hamster balls and blast technicolour confetti from their tour bus. The minute-and-a-half Hyundai ad crystallized the band's whimsical qualities, which were particularly potent in last year's hyper-collaborative and highly playful project, The Flaming Lips and Heady Fwends.

But the Lips have put aside their playdates with seemingly disparate "Fwends" like Ke$ha, Erykah Badu and Chris Martin and gone to a much darker place. Therein they found The Terror.

The Terror, which comes out Tuesday, finds Wayne Coyne and company capturing the sound of the desperate anxiety that you'd expect from an album with a title like that.

"A lot of times I think Flaming Lips music goes into the fantastical and I think that's great," says Coyne. "But I think this music specifically goes to how life is. Part of it is that there is something grinding away at you. ... I think virtually every song on here has this kind of underlying, grinding, non-musical — not even always rhythmically correct — bed to it."

Lyrically, the mood is persistently similar, with very little light coming into or escaping from the songs. On one track, when a high hopeful voice sings "You're not alone" it is echoed by a sobering mechanical response of "You are alone." This is a very different Wayne Coyne from the one who sang about a girl who uses Vaseline on her toast instead of jelly. It's a very different Wayne Coyne from the one who asked if you realized that happiness makes you cry. Coyne admits that when the band began to chase these dark impulses, part of The Terror was that they wouldn't be able to return.

"I always know that once we get interested in something, it's wonderful but it's also scary, because it's like 'We're really gonna do this' and you don't know in the beginning if it means that we destroy this other part of us."

**A different Wayne**

**"I think virtually every song on here has this kind of underlying, grinding, non-musical — not even always rhythmically correct — bed to it."**

The Flaming Lips frontman Wayne Coyne

There's no happy sounds from The Flaming Lips on The Terror. GEORGE SALISBURY

# From Gangnam to Gentleman

MICHELLE CASTILLO
Metro World News in New York

There's a new Gentleman in town.

Korean rapper and dancer extraordinaire Psy released his latest single Gentleman on April 13, and the video has already reached more than 58,470,000 views on YouTube.

While it doesn't have Psy's classic horse move and isn't a harsh critique on South Korea's upscale Gangnam District, the video still features a catchy tune, slightly naughty lyrics and some svelte hip shaking movements.

"I'll make you gasp and I'll make you scream," Psy raps, adding that he's a "mother father gentleman" — though some have debated if that's actually what he's saying.

Overall, people seem to like the tune, but comparisons to Psy's mega hit Gangnam Style are inevitable.

The video for the international sensation, which has been out for nine months, has more than 1,525,000,000 views on YouTube, and even features a tiny animated character doing the famous dance move right next to its counter.

"I can't say that it's better than Gangnam Style, but I still like it," YouTube user Megi Ivanova commented on the official music video.

However, not everyone was impressed with the new single.

"Nothing original since Gangnam Style... so disappointed!!" user rugosssss wrote.

Psy is hoping fans will go Gangnam over Gentleman. GETTY IMAGES

YOU COULD
WIN
A PASS FOR TWO TO A SPECIAL ADVANCE SCREENING OF
The Big Wedding
IN THEATRES APRIL 26TH
VISIT THEBIGWEDDING.CA FOR YOUR CHANCE TO WIN MORE EXCITING PRIZES!
VISIT clubmetro.com TO ENTER
Don't forget to like us on Facebook! facebook.com/clubmetrotoronto
No purchase necessary. Contest open to residents of Canada, excluding the province of Quebec, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. Ten (10) Grand Prizes are available to be won, consisting of one pass for two to a special advance screening at a specific theatre in your city on April 24th at 7PM (valued at approximately $26) Contest closes April 21st 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com
eone

Join the
REVOLUTION
and enter to win
$2,500
towards your education

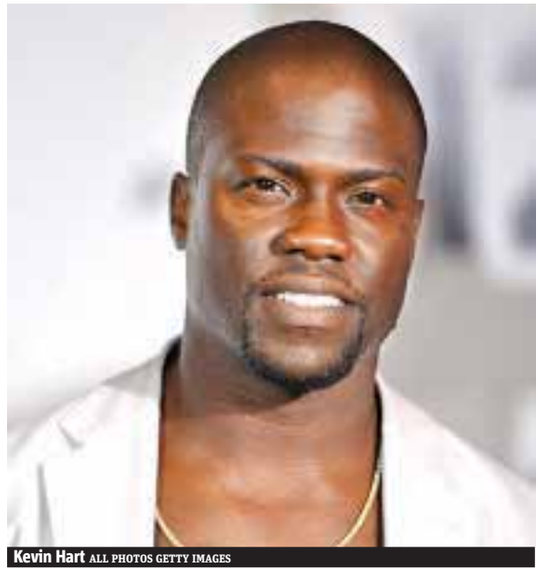
See REVOLUTION in theatres today!

Group Sales tickets are now available at Empire and Cineplex theatres across Canada!

Submit a written or video essay on what you would do to start the REVOLUTION to save the environment in your community. Ten winners will be chosen from an exclusive committee consisting of Rob Stewart, Les Stroud, Andrew Weaver, Dr. Boris Worm and Ron Suter.

VISIT clubmetro.com TO ENTER

No purchase necessary. Contest open to residents of Canada, excluding the province of Quebec, who have reached the age of thirteen (13) years of age or older. Odds of winning depend on the calibre of eligible entries received. Ten (10) Grand Prizes are available to be won, consisting of one $2,500 cash prize to be used towards payment of post secondary schooling valued at $2500CDN). Contest closes May 17th 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com



Kevin Hart ALL PHOTOS GETTY IMAGES

# Comedian calls arrest 'a wake-up call'

Comedian Kevin Hart was arrested for driving under the influence early Sunday morning in Los Angeles, and he wasn't shy about sharing the details after posting bail. "I'm officially a thug. I spent six hours in jail last night," Hart announced on Twitter. "This cop was the worst. He knew who I was and wanted to make an example of me. ... When the cop asked me to take the sobriety test I said, 'Why waste our time? I'm drunk, man.'" Hart did also offer some more serious reflection on the night's events: "This is a wake-up call for me. I have to be smarter and last night I wasn't."

# Ellen and Portia content without kiddos

Portia de Rossi tells Out magazine that she and wife Ellen DeGeneres have absolutely no plans to start a family, despite pressure from friends and loved ones. "You have to really want to have kids, and neither of us did. So it's just going to be me and Ellen and no babies," de Rossi tells the magazine. "There comes some pressure in your mid-30s, and you think, 'Am I going to have kids so I don't miss out on something that other people really seem to love? Or is it that I really genuinely want to do this with my whole heart?' I didn't feel that my response was 'yes' to the latter."

Ellen DeGeneres and Portia de Rossi

**Twitter**

**@ElizabethBanks**
Huh, Brad Pitt would make an amazing radio man. Ah, but a waste of that face.

**@AlbertBrooks**
Justin Bieber said he hoped Anne Frank would have been a fan. I really want to kill myself.

**@mindykaling**
If Kobe retires he should make movies with cartoon characters like Rocky & Bullwinkle

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Ozzy and Sharon's relationship gone off rails?*

THE WORD
Dorothy Robinson
scene@metronews.ca

Everyone's favourite heavy metal couple, Ozzy and Sharon Osbourne, are reportedly well on their way to splitting up, according to Radar Online. And sadly, the long-married pair is said to be living separately already. While Ozzy is said to be living in a rented Beverly Hills mansion, Sharon has been staying at the Beverly Hills Hotel since at least the beginning of this month, sources say. "They are living at different addresses and not spending any time together," a source recently told the Sun. Sharon is believed to be staying at the famous hotel while she decorates a new home — but not the one where Ozzy is staying. The usually outspoken and press-friendly pair has been remarkably quiet about the reports of marital trouble.

# The Iron Man 3 workout

**Fitness.** Robert Downey Jr.'s trainer, Brad Bose, tells us how to get superhero strong

ROMINA McGUINNESS
Metro World News

"Superheroes have good bodies, even if they have PhDs," says Brad Bose, who would know.

He's Robert Downey Jr.'s personal trainer, and got him fit for Iron Man 3.

"It was important that Robert was extremely fit and had a good muscular build. Only it had to look realistic. He's meant to be a billionaire playboy; you don't want him to get too big and end up looking like Captain America or The Hulk."

Fortunately, Downey Jr. was almost ready to go for his third stint as Mr. Stark.

"He'd recently finished filming The Avengers so he was in good shape. But holding on to that muscle mass and definition for long periods of time isn't easy," adds Bose.

"He had to get re-buff. We were doing two-hour sessions, three to four days a week. By the time we were done, he'd gained five pounds of muscle and trimmed off 10 pounds of fat."

His workout gloves are cooler than yours. MARVEL

## FPT vs. Body Building

"Robert's cardio was never an issue," Bose tells Metro. "A lot of people don't want to talk about it but the truth is, he's 48. He's above the curve when it comes to being a fit individual but this is a young man's training he's doing."

In order to gain muscle bulk, Downey Jr. spent the first month doing traditional weight training.

Once he and Bose were satisfied with his mass, they moved on to Functional Performance Training, a technique that engages all muscle groups simultaneously.

"FPT isn't just for esthetics," says Bose.

"All the exercises are designed to get you muscular through strength. As opposed to body building, where you're working one muscle group in isolation, FPT gets as many muscles and as many planes of movement engaged at any one time," he explains about the training regiment .

The logic behind the moves is it offers a better approach.

"The body functions as a unit. Every time you're doing an upper body movement, your legs should never be completely dormant. The 'core' (from the lower part of your rib cage to the lower part of your hip girdle) should always be engaged. The aim of FPT is to do things more dynamically. So we'll push sleds, we use battling ropes, sledgehammers, tyres and so on."

Superhero diet

## How Iron Man gets his iron, man

Hard to believe, given his love of shawarma, but Iron Man lives closer to a vegetarian lifestyle than full-on carnivore.

"We try to balance the protein and the carbohydrates and stick to fish, chicken, eggs and soy," explains Bose. "And when it's time to cut weight, we just minimize the portions. Robert tends to eat every three hours and have two protein shakes a day. The only reason he even drinks them is to make sure that during these intense workout periods, he's not losing any muscle mass. So as far as nutrition goes, we're more focused on a Paleo style diet, which is basically fish, organic meat, nuts, roots, fruit, eggs and vegetables."

## And on his days off ... Tracy Anderson and Kung Fu

"Robert is constantly doing something," says Bose of his client.

"But in order to spend time with his wife, he does a lot of Tracy Anderson cardio classes. And he's a brown belt in Kung Fu, so on the opposite days that he's not working with me, he's sparring with his coach, Eric Orum."

# THE IRON MAN WORKOUT

Sometimes when you do strength training it can feel like you're pushing against an inanimate object and you never seem to get better. In this workout, the moves are distracting in a good way — it makes time go by faster.

### Dips

Keeping you body upright on a dip bar, lower your body down until your elbows are at a 90 degree angle, then press back up until your arms are almost fully extended (straight). 3 sets 8 to 12

### Sandbag throws

Using the handles that are closest to the middle of an Alpha Strong bag, squat down and grab the handles. Press up with the legs moving from a squat position to where the bag is hanging at your waist. Do 8 to 12 times and 3 to 4 sets.

### Bandbell bench press

Using a bandbell bar you are doing a bench press. The key to this exercise is having a bandbell bar, rubber bands about 12 inches long and kettlebells. Do 8 to 12 reps and 3 sets.

There's no need to suffer this allergy season. ISTOCK PHOTOS

# Beat your allergies this year

**Easy solutions.** Author of Itchy & Scratchy gives some tips on how to not suffer this season

LINDA CLARKE
Metro World News

Warm weather at the start of the year caused early pollination in some trees, exacerbating conditions for allergy sufferers, and raising expectations that 2013 will see increased seasonal allergies. Metro asked immunologist Dr. Jennifer Collins, author of the blog Itchy & Scratchy, for tips on combating yours.

**Know what you're allergic to**
"Knowing what you're allergic to is really important. An immunologist can test you and then give specific advice, and then give effective treatment. One of the things I see is people who have suffered for years and they don't have to."

**Manage with medications**
"Many over-the-counter medications work just fine, but consult your doctor or an allergist. Steroids are used to help with the inflammation. There are side effects, long term, but steroids can stop acute allergies from becoming chronic."

Healthy tips

## Regaining control of portion size

When it comes to maintaining a healthy weight, how much we eat is as important as what is on the plate. Unless you carry around a scale or measuring cup, portion size can get out of control.

"The eye easily gets tricked. Most people need a serving size reality check," says Nicolette M. Pace, R.D., the founder of NutriSource Inc., which specializes in nutrition-based disease prevention and treatment.

We asked Pace for some easy visual identifiers for common foods that we often oversize.

You can eat french fries, just not too many. ISTOCK PHOTOS

**Rice**
**Portion size: 1/3 cup**
"Two-thirds is about the size of a tennis ball, so, half a tennis ball."

**Pasta**
**Portion size: 1/3 cup**
"With pasta it depends on type, but (aim for) about the size of a large computer mouse."

**Chips**
**Portion size: 15 chips**
"Count them. Most people eat double or triple an individual serving size. Look at the label. Even small bags have two to three servings."

**Chocolate**
**Portion size: one ounce**
"A portion is about the size of three chocolates from a box."

**Chicken**
**Portion size: three ounces**
"That is the recommended amount and that looks like a deck of cards."

**French fries**
**Portion size: 10 fries**
"It's horrible — it's like nothing. But you're dehydrating the potato and replacing the water with fat."

LINDA CLARKE/MWN

Advertisement

# Finally A Weight Loss Plan That Works

Reduce weight, inches and fat in just 14 days with Almased®

Want a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

Over 10 years of scientific research shows Almased nourishes the body as it stimulates healthy, long-term weight management and overall good health. Maintain a healthy weight, promote a feeling of well-being and retain muscle mass with Almased.

**7 Ways** Almased works in the body

1. Reduces weight, inches and fat.
2. Retains muscle mass while losing weight.
3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
7. Is an antioxidant for the maintenance of good health.

My Bikini Plan
First 3 Days
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive).
Lunch: 1 bowl of vegetable broth
Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
www.bikini-plan.com
ENTER SOURCE CODE: MWP

...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE MWP.

TRUE NORTH nutrition

For retailer inquiries, please call **True North Nutrition** directly at toll free **1-800-261-4223**.

SHOPPERS DRUG MART
SANGSTER'S
nutrition house
All nutrition
Nutrition plus
healthstore locator
www.healthstorelocator.com

# Getting help when parents are sick

**Dealing with cancer.** A new book goes straight to the source for advice — other teens

MEREDITH ENGEL
Metro World News

When Maya Silver was grappling with her mother's breast cancer, she noticed that there weren't many resources available for teens dealing with a parent's cancer. So she tag-teamed with her dad, Marc — the author of Breast Cancer Husband — to create a survival guide for teens undergoing such duress, My Parent Has Cancer and it Really Sucks. We asked the father-daughter duo about the best ways to help this underrepresented group cope.

A new book about dealing with cancer is targeted at some of the forgotten people in the scenario. ISTOCK PHOTOS

**We often try to lend support to friends going through a rough time by saying something like, 'If you need anything, let me know.' But Maya, what are some concrete words or actions that you appreciated when your mom was ill?**

Maya: Just understanding. If I didn't want to have any friends over to the house when my mom was really sick, or if I just wanted to get away and stay busy, I had people there to help me do that. You definitely hear a lot of "I'm so sorry!" (and) constant asking how you're doing, how your family's doing.

That was not very helpful for me. Knowing that I had good friends around me and a strong family was very helpful.

**What else did teens find not helpful?**

Marc: One girl (we interviewed,) Caitlin, went to school, and the teacher asked a question so Caitlin raised her hand to answer. And the teacher goes, "Oh, Caitlin, how's your mom?" And Caitlin was so mad because she did not want to talk about or have to think about her mom at that moment — she wanted to answer the question. Kids don't want to be constantly reminded.

Maya: Another thing is an artificial sense of compassion. We had a couple of really out-there examples, like, "I know exactly how you feel, my gecko just died." (Or) you tell someone that your mom has a serious form of breast cancer and they're like, "Oh, my grandma's sick too." You want to be like, "You have no idea."

**Communication**

**Some final advice from Maya.**

- **Quote.** "Some teens might want to communicate through text, or email or whatever. Find out how your teen wants to communicate, and how much they want to know, and then you can adjust as needed."

## DO YOU HAVE AN UNDIAGNOSED VISION CONDITION?

The human visual system is complex. Because vision, unlike sight, is a developed skill and controlled by the brain, several visual dysfunctions can develop. These conditions, unfortunately, often go undiagnosed during a regular eye examination. Neuro-developmental vision problems are visual anomalies that interfere with the ability to function in our high tech, educationally driven society. These visual disorders can cause difficulty reading, doing paperwork, paying attention, concentrating, and working on the computer.

Sadly, 1 in 4 children have vision problems that interfere with their ability to learn, yet they do not report having visual difficulties. Many adults are amazed to discover how many of the signs and symptoms that they have come to accept as "part of life" are actually due to a previously undiagnosed visual dysfunction.

There are many signs and symptoms that can occur when an individual is suffering from a visual dysfunction such as:

- Headaches in the brow or temple area
- Recurring eye strain or eye pain
- Watery, itchy, burning eyes
- Intermittent double vision
- Intermittent blur, print moves in and out of focus
- Fatigue easily when reading
- Dislike or have difficulty reading
- Skip word/lines or lose place while reading
- Move head while reading
- Poor comprehension
- Difficulty judging distance (sports, driving)
- Difficulty paying attention
- Hold head too close when reading or copying
- Move lips while reading

Neuro-Developmental Vision Therapy is prescribed to treat specific diagnosed conditions of the visual system. Each program is based on the results of standardized tests, the individual needs of the patient, and the patient's signs and symptoms. The use of lenses, prisms, filters, occluders, specialized instruments, and computer programs is an integral part of vision therapy. Effective therapy requires visual skills to be developed until they are integrated with other systems and become automatic, enabling individuals to achieve their full potential. Research has shown that vision therapy can be an effective treatment option for:

- Oculomotor Dysfunction
- Binocular Disorders
- Accommodative Disorders
- Amblyopia
- Visual Information Processing Disorders

The optometrists at Anderson Family Vision Care have continued their education beyond the basic Doctor of Optometry degree. After seeing numerous patients who were struggling due to functional vision disorders that are not correctable by providing glasses, contacts, or surgery, they decided to make this specialty service available in the Winnipeg area. Our clinic if fully equipped to treat patients using the most up-to-date methods and all our doctors and therapists are members of the College of Optometrists in Vision Development.

To schedule a Neuro-Developmental Vision Assessment to determine to what extent a vision problem is contributing to you or your child's vision difficulties, call 204-633-7482. If you have any questions, about vision therapy, please feel free to call and ask for Dawn Grandmont.

You may also visit the following websites:
andersonvisioncare.ca
covd.org aoa.org
visionandlearning.org
childrensvision.com

Anderson family vision care

OPTOMETRISTS
DR. A. ANDERSON & ASSOCIATES
90-2200 McPhillips, Winnipeg MB
204.633.7482 • www.andersonvisioncare.ca

# Skinny panini: Clubhouse starring chicken and prosciutto

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

**1.** Spray non-stick skillet with cooking oil and place over medium heat. Sauté prosciutto 5 minutes or just until dry and beginning to crisp. Remove from pan, cool slightly and crumble. Wipe skillet; respray.

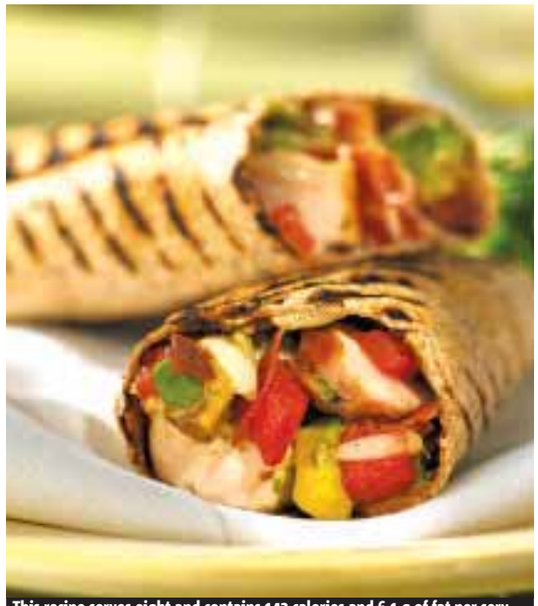
**2.** Working with one at a time, pound chicken breasts between two sheets of waxed paper to an even 1/4-inch thickness. Sauté for 5 minutes, or just until cooked and no longer pink in the centre, turning halfway. Cool for 5 minutes, then dice.

**3.** Combine the mayonnaise, lemon juice, mustard, garlic and pepper in a small bowl and mix thoroughly. Spread evenly over the entire surface of the tortillas. Scatter the chicken, prosciutto, cheese, tomato, onion and avocado overtop. Fold in the sides of each tortilla and roll it up tightly.

**4.** Preheat a non-stick grill pan to hot and spray with cooking oil. Sear the rolls on both sides until browned, approximately 2 minutes per side. Slice in half before serving. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

**Ingredients**

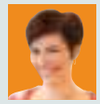
- 2 oz prosciutto
- 8 oz skinless boneless chicken breast
- 2 tbsp light mayonnaise
- 2 tsp lemon juice
- 1 tsp Dijon mustard
- 1/2 tsp crushed fresh garlic
- pinch ground black pepper
- 4 large tortillas (preferably whole wheat)
- 2/3 cup Swiss cheese
- 1/3 cup diced, seeded plum tomatoes
- 1/3 cup diced sweet onion
- 1/2 diced ripe avocado



This recipe serves eight and contains 143 calories and 6.1 g of fat per serving. LORELLA VANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

**Health Solutions**

## *Of underrated watercress*



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Do you think of the Queen or Downton Abbey when you think of watercress?

Of course, it is ubiquitous in tea sandwiches but did you know that it is an incredibly healthy salad green?

Watercress is a cancer and age fighting superfood as reported in a study in Medical News Today. It is suspected that the high anti-oxidant capacity of this easy-to-grow spring sprout protects DNA and cell damage. The study's participants ate one cup per day of both the stems and leaves. Watercress is in the category of cruciferous vegetables like cabbage, mustards and kale and offers all the same benefits of these more widely used varieties. Watercress can be added to just about anything:

- salads
- omelets
- fruit smoothies
- grilled cheese
- sautéed
- served with grilled fish, pork or chicken
- as a pesto
- as a soup

Watercress does indeed grow in very damp soil and near running water. If you know what to look for, it can be a free and wild addition to your day.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

# Dinner. Herb-Brined Walnut-Crusted Chicken

**1.** In saucepan over high heat, combine salt, pepper and water. Bring to boil, stirring to dissolve salt. Remove from heat and add the ice. Stir in apple juice.

**2.** Bruise thyme, rosemary and savory by placing on cutting board and hitting with back side of a meat mallet. In zip-close plastic bag, combine liquid mix with bruised herbs and garlic. Add chicken thighs to bag and squish around to cover in the brine. Refrigerate for 3 hours.

**3.** When ready to cook, heat oven to 450 F. Remove chicken from brine and discard brine. Use paper towels to pat chicken thighs dry, then arrange on rimmed baking sheet.

**4.** In bowl, combine walnuts and breadcrumbs. In another bowl, combine mayonnaise, coriander and orange zest. Brush mayonnaise mix over surface of each chicken thigh. Pat some walnut mix evenly over the top of each thigh.

**5.** Bake 20 minutes, or until golden brown and 170 F at centre. **THE ASSOCIATED PRESS**

**Ingredients**

- 1/4 cup kosher salt
- 1 tsp cracked black pepper
- 1 cup water
- 1 cup ice
- 2 cups apple juice
- 4 sprigs each fresh thyme, rosemary, savory
- 3 cloves garlic, chopped
- 2 lbs bone-in chicken thighs, skin removed
- 1/2 cup each chopped walnuts, panko breadcrumbs
- 1/4 cup mayonnaise
- 1/2 tsp ground coriander
- Zest of half an orange

# Nashville Fried Hot Chicken is the city's signature dish

**1.** In bowl, whisk cold water, hot sauce, 1/2 cup salt and 1/2 cup sugar until salt and sugar dissolve. Add chicken and refrigerate, covered, for up to 1 hour.

**2.** When ready to cook, in small saucepan over medium, heat 3 tablespoons of oil until shimmering. Add cayenne, 1/2 teaspoon salt, paprika, remaining 1/2 teaspoon sugar and the garlic powder. Cook until fragrant, about 30 seconds. Transfer to small bowl and set aside.

**3.** Remove the chicken from refrigerator and pour off brine.

**4.** In a large bowl, combine the flour, 1/2 teaspoon salt and 1/2 teaspoon pepper. Two at a time, dredge the chicken pieces through the flour mixture. Shake excess flour from the chicken, then transfer it to wire rack. Do not discard the seasoned flour.

**5.** Adjust an oven rack to the middle position and heat the oven to 200 F. Set a clean wire rack over a rimmed baking sheet.

**6.** In a large Dutch oven over medium-high, heat the remaining oil to 350 degrees.

**7.** Return the chicken pieces to the flour mixture and turn to coat, then shake off the excess. Add half of the chicken to the oil and fry, adjusting the burner as necessary to maintain oil temperature between 300 F and 325 F, until the skin is a deep golden brown and the white meat registers 160 F and the dark meat registers 175 F, about 25 to 30 minutes.

**8.** Drain fried chicken on the prepared wire rack and place in oven to keep warm. Return the oil to 350 F and repeat with the remaining chicken.

**9.** When all of the chicken is cooked, stir the spicy oil mixture to recombine, then brush it over both sides of the chicken. Serve on bread, if using, and top with pickles, if using.

**THE ASSOCIATED PRESS/ ADAPTED FROM COOK'S ILLUSTRATED MAGAZINE**

**Ingredients**

- 2 quarts cold water
- 1/2 cup hot sauce
- Salt
- 1/2 cup plus 1/2 tsp sugar
- 3 1/2- to 4-lbs whole chicken, quartered
- 3 quarts vegetable oil
- 1 tbsp cayenne pepper
- 1/2 tsp paprika
- 1/4 tsp garlic powder
- 2 cups all-purpose flour
- Ground black pepper
- Hearty white sandwich bread (optional)
- Pickle chips (optional)

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

# How a stay-at-home mom found her sanity while Lost in Suburbia

**A momoir.** Columnist shares how she found her groove in new book, Lost in Suburbia: A momoir: How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs

When syndicated parenting columnist Tracy Beckerman gave up her high-powered Manhattan TV career to focus on motherhood, she, her husband and their two young kids left their quintessential New York lifestyle behind for a different one in the Jersey suburbs.

Her new life as a full-time mom, however, left Beckerman in a funk.

Lost in Suburbia: A Momoir: How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs tells the story of how the author found her groove in Jersey and learned how important a sense of humour is in raising a family.

**How did you decide to swap your city life for a suburban one, and what was the transition like?**

After I had my son and went back to my job as a writer and producer for the local news, I never expected that I was going to not really care about it anymore. I felt like I was missing out by not being with my son. So we made the decision that I was going to quit my job. Then we realized that we couldn't afford to stay in the city! So we moved to New Jersey. I didn't know anybody, I didn't have my job to define me anymore and I just sort of lost it. It made it tough to be comfortable in my new role.

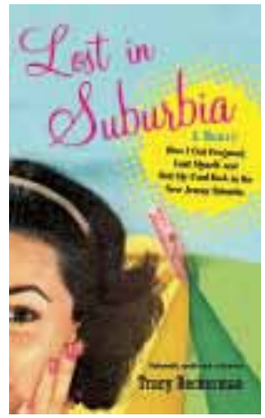
**How did things begin to change?**

My low point is when I got stopped by a cop driving in my dumpy bathrobe. I thought, I've got to turn my life around! When my kids went to school, I thought about what I could do that is just for me. One day my son came home from school and told me something funny that happened, and I wrote it down. (The story) came flooding out of me, and the local paper ran it. Soon after, two more papers expressed interest. I realized this was going to be my second act. Finding the humour in parenting made me so much happier.

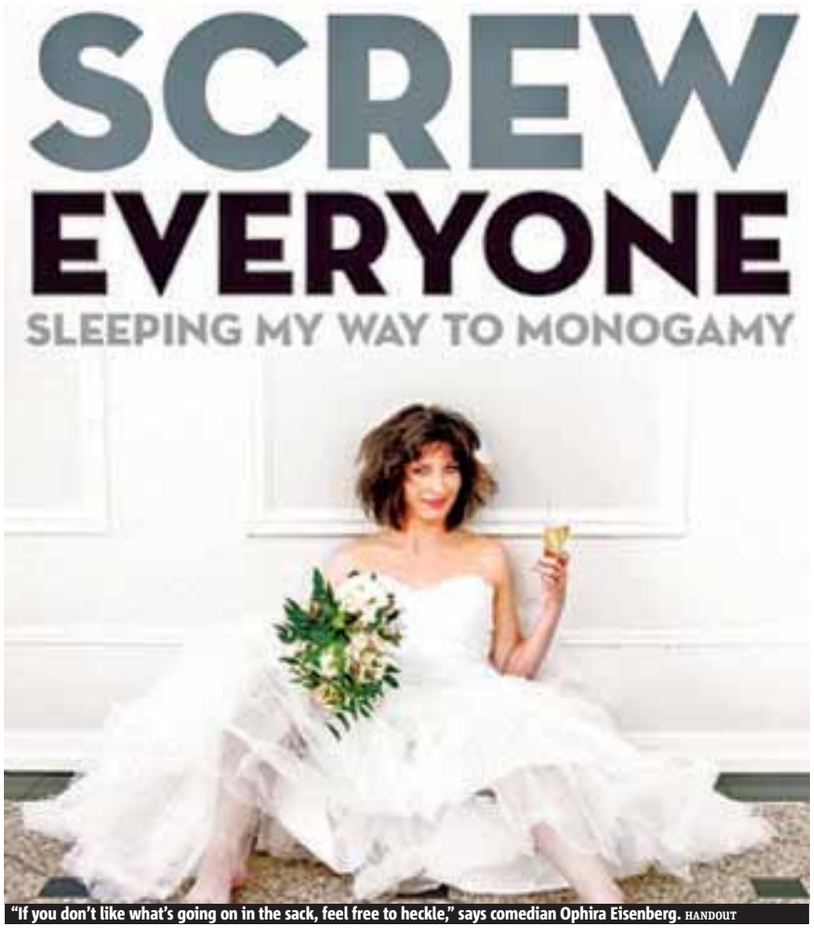
**What should women in this situation keep in mind?**

If you defined yourself by your career, it can be very hard when all of a sudden your job title is Stay-At- Home Mom. You need something for yourself that's not just about your kids — something just for you that you feel good about. I think you end up feeling happier, and it makes you a better parent.

METRO



Tracy Beckerman moved from New York to suburbia. And it wasn't easy. HANDOUT




"If you don't like what's going on in the sack, feel free to heckle," says comedian Ophira Eisenberg. HANDOUT

# From men hungry to monogamy

**Books.** Ophira Eisenberg's rollicking new memoir details how jumping from one guy to another helped her say "yes" to marriage

DOROTHY ROBINSON
Metro World News in New York City

Ophira Eisenberg is a stand-up comedian, writer and host of NPR's new weekly trivia show, Ask Me Another. But she is also quite the expert in sleeping around.

Or she was — until she met "the one." Being on the prowl? Just practice for monogamy.

"I think it's my large sample size and many experiences that led me to the right guy," she says in her new memoir, Screw Everyone.

**What does NPR think about an employee writing a book about sleeping around?**

I'm certain almost everyone at NPR has had sex, so they are OK with it. Almost everyone.

**Your story has a happy ending — a nice marriage — but do you have any regrets from your stay in Trollopville?**

Nope. In hindsight I'm glad I let myself go for it. ... I think everyone looks back and wishes they could have treated themselves or a situation a bit better. I couldn't always laugh at myself then.

Thank God I can laugh at myself now.

**Why are so many comedians terrible in the sack? Not that we're asking from experience or anything.**

Of course — it's a friend of a friend who wants to know, right? I'm a comedian and from what I've heard, I'm pretty decent — at least from the comment cards I've received.

But if I had to take a guess, it's because they're going for the laugh.

My advice is that if you don't like what's going on in the sack, feel free to heckle.

**Q&A**

**If there is one thing you could tell 20-year-old Ophira, what would it be?**

- Stop worrying so much! There will always be another beer and another boyfriend in your future.

**Comedic hindsight**

**"I think everyone looks back and wishes they could have treated themselves or a situation a bit better. I couldn't always laugh at myself then."**

Ophira Eisenberg

# Happy house hunting

**How much can you afford?** Consider many different factors so you can become a more secure homeowner

TERESA CHIYKOWSKI
For Metro

It's an exciting time in your life. You are ready to trade rent cheques for mortgage payments but the question is, "How much can you really afford to spend, all factors considered such as your income, debt load and expenses? The answer is important. Knowing how much you can spend can help you narrow down your options and also make you a more secure homeowner.

Here are a couple of items that should figure into the calculation on how much you can afford before making a final decision.

**Gross Debt Service** ratio looks at your proposed new housing costs (mortgage payments, taxes, heating and electricity costs and condominium fees, if applicable). A general rule of thumb is that this amount should be no more than 32 per cent of your gross monthly income. For example, if your gross monthly income is $5,000, you should not be spending more than $1,600 in monthly housing expenses.

**Total Debt Service** ratio (TDS) measures your total debt obligations (including housing costs, loans, car payments, and credit card bills). Generally speaking, your TDS ratio should be no more than 40 per cent of your gross monthly income.

Debt service ratios aside, there is a general rule that you can follow to determine if a house is within your budget. Take your household's gross annual income (salaries, wages and taxable income before taxes) and multiply by 3.4. For example, if you have an annual household income of $70,000, you should be able to pay $238,000 for a home.

## Online calculators

Many financial institutions offer online calculators to help you determine if you are ready to buy. While these online tools can be fast and easy to use, they don't take into account debt service ratios and other important costs associated with owning a home, such as home insurance, gas and electricity, property taxes, cable, Internet and telephone.

If you are serious about buying and how much you can truly afford, it's worth your while to meet with a financial planner or real estate agent to uncover the hidden costs of owning your first home.

# Many factors determine down payments

TERESA CHIYKOWSKI
For Metro

If you are buying a home for the first time, how much of a down payment will you need to seal the deal? Generally, down payments will range from five per cent to 20 per cent.

The minimum down payment depends on a number of factors, such as the type of home, but it is at least five per cent of the purchase price of the home. For example, to buy a $300,000 home, you will need a minimum of $15,000 as your down payment.

It's important to know that if your down payment is less than 20 per cent, you will be required to pay mortgage default insurance. The insurance premium will vary depending on the percentage you have as a down payment.

The higher your down payment, the lower your mortgage premium will be. Usually, mortgage default insurance premiums range from 0.5 to three per cent of the borrowed amount.

**Yes, there is help out there**

Although it can seem a little daunting to come up with a lump sum of money this large, you shouldn't despair if you are a first-time homeowner. The government offers incentives to help first-time homebuyers realize their dreams.

**Home Buyers' Plan**

If you are eligible, you can withdraw up to $25,000 tax free from your registered retirement savings plan to purchase or build a qualifying home. To qualify as a first-time homebuyer, you cannot have owned a home as a principal residence for four years before the date of the withdrawal of funds. If you use this plan, you will have to start repaying the amount two years after withdrawing the funds; the entire quantity must be entirely repaid within 15 years.

If you are buying a home for the first time, it's important to find you how much of a down payment you will need.
ISTOCKPHOTO/THINKSTOCK

**Home Buyers' Tax Credit**

You are eligible to claim an amount of $5,000 for the Home Buyers' Tax Credit. This provides up to $750 in federal tax relief. You qualify if you have not lived in another home owned by you or your spouse or common-law partner in any of the four preceding years and you acquire a qualifying home.

To learn more about mortgages and down payments, visit the Canada Mortgage and Housing Corporation website (cmhc-schl.gc.ca).

RESIDENTIAL MORTGAGE RATES FROM 2.39%
OPEN TO ALL
COMMERCIAL MORTGAGE RATES FROM 2.99%
HOME EQUITY LINE OF CREDIT FROM 3.50%
APPLY ONLINE
387 Provencher Blvd 204-982-3400
1177 Portage Ave 204-927-0460
101 - 930 Jefferson Ave 204-927-0450
Wealth Management 204-293-0179
Commercial Lending 204-927-0485
Belgian Alliance Credit Union
belgianalliancecu.mb.ca
OAC. Rates subject to change without notice

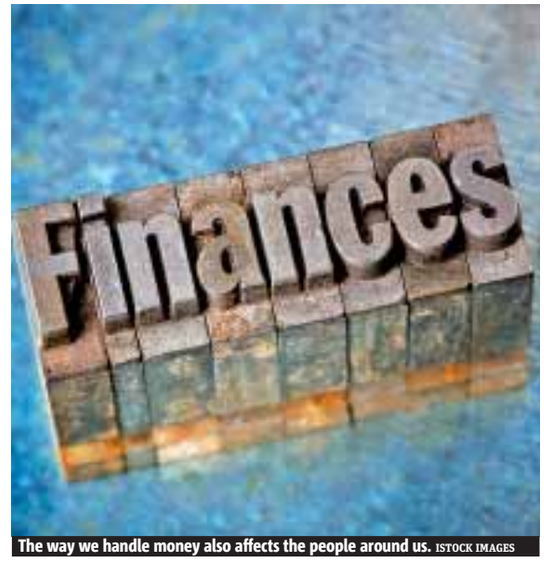
**On the web**

Does your money savvy end with counting the change in your piggy bank? Financial expert Gail Vaz-Oxlade launches her new series, Money Moron, on Slice this Friday at 9 p.m. ET/6 pm. PT. On the show, Vaz-Oxlade attempts to rescue strained relationships from the pitfalls of financial woes. With one person in the relationship calling out the other for their unhealthy financial habits, the finance guru is brought in to offer the reckless spender a chance to turn things around.

- **For a sneak peak at Money Moron, visit metronews.ca**

# The fin lit bandwagon

**YOUR MONEY**
Alison Griffiths
money@metronews.ca




**The way we handle money also affects the people around us.** ISTOCK IMAGES

"I am 44, a single parent with two kids and a total idiot about money," writes Lori P. from Winnipeg. "There's so much talk about financial literacy these days. How am I supposed to get smart?"

Good point. I feel your frustration. The fin lit bandwagon has produced so much content it can be a huge challenge to find what you need to know.

I'm not being pejorative; financial literacy is a very good bandwagon. After all, money accompanies us from cradle to grave. Spouses, kids, jobs, friends may all come and go, but money remains. The way we handle it affects not only our own life but also that of people around us.

Financial literacy is particularly important for women because we are still the primary caregivers of children and the elderly. We also bear a larger portion of the responsibility for educating our kids about money. Additionally, we ladies are by far the majority of single parents and we live longer.

So, women have to get smart about money.

The international Financial Literacy & Education Summit 2013 in Chicago is tackling this very important topic on April 17th. I'm honoured to be the moderator of a panel of journalists from around the world. You can register to view online at practicalmoneyskills.com/summit2013.

Back to Lori P. She should focus on her own specific needs first. For example, if she is in a job with a workplace pension and contributing to it, she might put retirement investing on the shelf for now. Instead, she could concentrate on areas where she is weak such as insurance, budgeting or taxes.

The idea is to pick one thing and work on that until you have a comfort level with the topic. Don't try to become financially savvy in everything. It is simply too overwhelming.

And by the way Lori, I doubt you've raised two kids and are really a "total idiot" about money. I suspect you know more than you think.

Boost your own money smarts by winning my latest book, Count on Yourself: Take Charge of Your Money. Just tweet or email a question about financial literacy and include the hashtag #FinLitSummit. Or email questions to griffiths.alison@gmail.com. I'll be giving out five books after the summit.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

# Money. Owning a home an investment of a lifetime

Owning your own home is an exciting proposition and an achievable goal for most Canadians. The number one reason many become homeowners is pride of homeownership and the stability and security that comes with it.

Buying a home can also be a solid investment and provide tax benefits.

In Canada, you are not taxed on any investment gains made on the sale of your primary residence. So, for example, if you buy your home for $200,000 and sell it five years later for $250,000, you do not have to pay income tax on the $50,000 you earned from the sale.

Another advantage is each time you make a mortgage payment, you are putting a portion toward the principal balance of your mortgage, which builds equity in your home. This is a better use of your money than giving rent to a landlord and is a good long-term investment.

Owning a home also means that you can make your own decisions on decorating, home improvements, location, etc. In a recent survey conducted by Genworth Canada, 91 per cent of first-time homebuyers said that homeownership may mean more work but the effort is well worth it.

When it makes financial sense, buying a home is often a wise, secure and emotionally satisfying move to make. NEWS CANADA

**Paying a mortgage is a better use of your money than giving rent to a landlord.** NEWS CANADA

RBC Royal Bank

Smaller Debt. Bigger Smile.

Save over $700* by consolidating your higher interest debts.

RBC Royal Bank® has new online tools and resources to help you develop a concrete plan to lower debt and save money.

- Create your own customized **Debt Reduction Plan**
- Explore ways to simplify payments with our **Debt Consolidation Calculator**

Get started today at rbc.com/smile

Or scan here using your mobile device to learn more.

Advice you can bank on™

*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

# NAIL DOWN A NEW CAREER AT WTC

There will always be jobs for people who can work with their hands. This September, Winnipeg Technical College is offering a pair of certificate programs perfect for handy people.

WTC's five-month, full-time carpentry program runs five days a week. As a graduate, you will leave the program with all the knowledge and skills you need to find an entry-level position within Manitoba's residential or commercial construction industry, or in renovation work. You will also earn credit for Level 1 apprenticeship training, giving you further options for career growth.

The cumulative employment rate for graduates of the carpentry program, for the period of July 2007 to June 2009 (the most recent figures available) is 89 per cent. This is good news because carpentry is a high-paying field — the median wage for students graduating the carpentry program between June 2010 and June 2011 is $15.75 per hour.

WTC's motosport technician program trains you to use every tool and piece of equipment this profession requires. You will learn to perform tune-ups and diagnostics on motorcycles, snowmobiles, all-terrain vehicles, and watercraft, and how to maintain, repair, or rebuild them so they run safely and smoothly for years.

Qualified students will also complete a four-week work practicum, which provides them with on-the-job training and networking opportunities. This program prepares you for a career servicing these vehicles as an entrepreneur or for somebody else.

WINNIPEG TECHNICAL COLLEGE PHOTOS

The Motosport Technician program can be taken full time or part time. Classes are held on WTC's Henlow Campus, which features 25,000 square feet of space, allowing instructors to operate 12 active service bays, a fabrication and welding area, and a dynamometer lab.

This is Manitoba's only accredited Level 1 apprenticeship pre-employment program for the marine outdoor power equipment technician (MOPET) skilled trade.

Enrolment for both of these programs is open now. To learn more, or to register, call the Winnipeg Technical College's general line at 204-989-6500, or visit wtc.mb.ca.

START YOUR NEW CAREER NOW
Earn your diploma in 1 year or less!
CALL US TODAY
Programs:
• Accounting & Payroll Administrator • Administrative Assistant, Business Administration • Clinic Office Assistant • Community Support Worker • Computer Network Technology • Healthcare Aide • Legal Assistant • Medical Laboratory Assistant • Pharmacy Technician
HERZING COLLEGE
1-866 NEW CAREER 1-866-(639-2273)
723 Portage Avenue, Winnipeg, MB
CAREER FOCUSED • CONVENIENT • CARING
www.herzing.ca/winnipeg

KEITH BROFSKY/PHOTODISC/THINKSTOCK

# SUITING YOUR NEEDS

## WELLINGTON COLLEGE

Wellington College is one of the oldest schools for massage in Canada. It owes its longevity in part to quality instruction, combining theoretical and practical learning to ensure you enter the workforce prepared. But that's not the only reason Wellington has been around so long. The college also knows how to adapt to the times.

Wellington's three-year distance learning program is proof of that. The program makes it possible for students with commitments outside of school to pursue their studies partly off-campus. Through self-directed learning, combined with regular, on-site seminars, these students can get the training for which they are looking.

The program is divided into two parts. The first, basic relaxation massage, provides you with the knowledge and skills you need to perform relaxation massages professionally. You will receive a certificate upon completion of this one-year component and, if you wish, you can end your studies there.

However, if you wish to continue your distance education, you can do so by enrolling in the two-year advanced remedial massage therapy component. Building upon your education in basic relaxation massage, you will learn how to use massage for therapeutic purposes, too. Graduates earn a diploma and also qualify to sit for provincial exams.

Distance education is not for everyone. To find out if it's right for you, Wellington recommends attending one of its information sessions held on-campus on the last Sunday of every month from 1-3 p.m. The next session takes place April 28. You must sign up to be part of it, so call 888-957-2402 to do so today. New classes begin in June.

Whether you are a recent high school graduate, or a veteran of the workforce with a full-time job and family commitments, Wellington College has a program to suit your needs. To learn more about Wellington, and to order a free information package, visit wellingtoncollege.com.

And while you are there, take the virtual tour, which gives you a taste of Wellington's indoor facilities.

"The secret of getting ahead is getting started"

PATAL

Programs Available:
PC Service Technician/Network Management, Computerized Accounting, Computerized Office Assistant, Entry Level Baking, Culinary Arts, Hospitality & Tourism

5th Floor - 319 Elgin Avenue
204-944-8202 www.patalvoc.com

THE UNIVERSITY OF WINNIPEG
PACE
PROFESSIONAL, APPLIED AND CONTINUING EDUCATION

Full-time fall programs now open for enrolment.

- Educational Assistant
- Financial Analysis & Management
- Human Resources Management
- Internet Systems Specialist
- Network Security
- Police Preparation
- Project Management
- Public Relations Marketing Management

SET THE PACE
Accelerate YOUR education.
Enrol today.

THE UNIVERSITY OF WINNIPEG
PACE.UWINNIPEG.CA (204) 982-6633

ISTOCKPHOTO/THINKSTOCK

# ROBERTSON ADDS TWO NEW PROGRAMS

Spring is a great time to get your hands on a new career.

With the sense of renewal in the air this season, Robertson College is adding two new courses to its program offerings.

Enrol in either the massage therapy program or the business administration: Sales and Internet marketing program.

"Business administration: Sales and Internet marketing was developed to meet a demand in the marketplace that was not filled by any other program offered in Manitoba," says Wayne Palendat, senior director with Robertson College.

"Internet marketing is essential to every business, yet no formal training programs exist to meet that demand."

This program provides students the opportunity to be career-ready in months, not years.

For those looking to get into a hands-on career, the new massage therapy program begins in June.

"The increased focus on wellness in our society continues to drive the demand for massage therapists," Palendat says.

"Students will learn from experts in the massage field and will gain valuable hands-on experience from the on-site clinic, clinical outreaches and work practicum."

Since more massage therapists will go on to open up their own business, Robertson prepares students with training in customer service and business aspects.

For more, visit robertsoncollege.com.

# PATAL STUDENTS REFURBISH OLD COMPUTERS

Do you have an old computer that you don't need anymore?

Patal Vocational School will gladly take it, refurbish it and donate it to a low-income family.

Patal Vocational School believes everyone should have access to technology. With its PC service technician/network management program, Patal is helping low-income families gain access to technology by refurbishing and donating unwanted computers. This allows students to get hands on training in repairing and programming the computers. Patal also offers free PC repair to low-income families.

So if your computer has a virus or a hardware problem, Patal students will repair it free of charge. When a computer is brought in for repair, Patal's technology instructor assigns it to a specific student. This allows the student to gain customer service skills as this becomes their customer. A small donation of coffee is often given to in exchange for this service.

Patal will be holding a program orientation on April 24 at 1 p.m.

Classes are beginning soon in PC service technician/network management, computerized accounting, hospitality, culinary arts and entry-level baking.

Amelia, Patal's training and employment co-ordinator, can assist you in finding funding. Call 204-944-8202 to book an appointment.

ISTOCKPHOTO/THINKSTOCK

Reach beyond
at Red River College
Continuing Education offers hundreds of personal & professional development courses and programs to help you succeed. Yours to explore.
Register now for the Spring/Summer 2013
Visit rrc.ca/coned to download the Spring/Summer 2013 Course Schedule.
204.694.1789 or 1.866.242.7073
cde@rrc.ca
rrc.ca/coned
RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY

# HERZING VALUES ITS STUDENTS

Herzing College has provided a consistent quality of education for more than 40 years. Its new PRICE of Success model continues that tradition.

"PRICE stands for professionalism, respect, integrity, caring, and engagement," says Robin Day, academic dean. "These five concepts are now at the forefront of every Herzing student's education — ensuring that graduates are equipped with the critical skills employers are looking for."

Classes address the PRICE model in many ways. Students are encouraged to reflect on their beliefs and, at times, question them. They are encouraged to consider their decisions in light of how those decisions impact others. "We're bringing to the workforce men and women who will make business better," Day says.

While PRICE pushes students to broaden their skills — and their outlooks — Herzing continues to maintain the services that keeps them focused and happy at school. Programs are supported by career services specialists who maintain strong ties between Herzing, internship hosts, and employers. And should students start to struggle with their studies, Herzing College can arrange free, one-on-one mentoring, along with self-paced remedial courses in math, English and science.

ISTOCKPHOTO/THINKSTOCK

This dedication explains why Herzing College has such a low student dropout rate. And why, when asked if they would recommend their program to a friend, 99 per cent of Herzing students surveyed said "yes."

"Results like these are only possible when our students see value — and feel valued — every day," says Bill Riches, college president. "The credit must go to our talented instructors and staff here at Herzing College. They believe in what we do and why we do it.

"We educate you and work with you until you're employed in your field of study," he continues. "And five or 10 years from now, if you're looking for a new career once again, we'll still be there to help. Your relationship with Herzing College is ongoing — for as long as you need it."

Herzing College is located at 723 Portage Ave. For more information, call 204-775-8175, or email info@wpg.herzing.edu. You can also visit the college's website at herzing.ca/winnipeg.

UNIVERSITY OF TORONTO
FACULTY OF LAW

Your time is now!

The Internationally Trained Lawyers Program (ITLP) helps internationally trained lawyers and internationally educated law graduates to become accredited and licensed in Canada.

**Upcoming programs include:**
Spring 2013 Bar Exam Prep Course
Summer 2013 NCA Review Program
2013-14 Career Program
2013-14 Comprehensive Program

*Online participation available for some sessions. Contact the ITLP for details.

For more information, please contact us at
**www.itlp.utoronto.ca**
416.978.6770
itlprogram.law@utoronto.ca

Funded by:
Ontario Canada

ITLP
Internationally Trained Lawyers Program

**NEW** PROGRAM

Don't want to be stuck behind a desk?
Pursue a hands-on career as a

**Registered Massage Therapist**

**Why Robertson's Massage Therapy Program?**
Real-world experience with our on-site clinic & outreach clinics
Real-world practicum
Hands-on training with our industry experienced instructors
Enjoy the benefits of our student laptop program
Financial assistance to those who qualify

ROBERTSON COLLEGE

Get more information at
**www.robertsoncollege.com**
or call 204.800.7933 *Classes start in June!*

# GET ON THE RIGHT TRACK WITH RRC

Manitoba's experienced workers are retiring in greater numbers, but, too often, young people lack the training to replace them. This problem of "people without jobs and jobs without people" is one Red River College is helping to solve.

Ninety-six per cent of RRC's graduates find relevant jobs in their fields. This is because RRC's programs are designed with the workforce in mind. The railway conductor certificate program is one of them.

Designed and developed with the co-operation of Canada's railways companies, the railway conductor program offers a hands-on education in train management and safety. Subjects include communications, switching and marshalling cars, transporting dangerous goods, performing inspections, keeping records, and more. You will learn your skills through a combination of in-class instruction, lab work, work-site visits, and an ongoing practicum that simulates real working conditions.

Dean Florko graduated from the program in April 2012, and now works as a conductor for CN Rail. "All of our instructors had worked in the industry," he says. "Now, having spent a year in the industry myself, I've come to appreciate just how accurate a picture they painted. We graduated the program well-prepared."

RRC also helped Florko get his career started, facilitating interviews with both CN and CP Rail. Today, he has a job he finds deeply rewarding. "I love to travel and this job lets me do that," he says. Depending on what run he gets, Florko could visit one of three different cities each day while working out of the Jasper Terminal.

The railway conductor program lasts 15 weeks and has three intakes per year, in May, September, and January. To learn more, visit rrc.ca/railway.

DARCY FINLEY PHOTO

You can also attend an information session where instructors will be on hand to answer your questions about course materials, entrance requirements, career opportunities, and more. Sessions will be held at the White Lecture Theatre, on RRC's Notre Dame Campus (2055 Notre Dame Ave.), on April 16, 23, and 30, from 7-8:30 p.m.

Many job openings await you in Manitoba. As a Red River College graduate, you will have the knowledge and skills you need to fill them.

Build a future with your hands.
Study Massage therapy.

WellingtonCollege.com
435 Berry Street | Winnipeg MB | R3J 1N6
info@wellingtoncollege.com | 204-957-2402

# CONQUER CHALLENGES

## WITH U OF TORONTO ITLP PROGRAM

If you are an internationally trained lawyer trying to adapt to Canadian legal practice, you face many challenges. The University of Toronto's internationally trained lawyers program (ITLP) can help you overcome them.

The ITLP offers four different programs: NCAR, for those needing help with NCA exams; BEPC, for those needing help with LSUC licensing exams; a comprehensive program, for those who need both academic support and Canadian legal experience; and a career program, for those who can manage their NCA exams, but need help developing their job-searching skills.

The career program made a big difference for Labiba Rukhsana. Born in Bangladesh, Rukhsana completed her legal education in the United Kingdom. She then immigrated to Canada, where she passed her NCA exams but could not find an articling job. By the time she graduated from the career program, she had one waiting for her.

UNIVERSITY OF TORONTO PHOTO

"The career program provided me a set of tools and resources tailored to my needs," Rukhsana says. "It was a tremendous motivational force. I continue to benefit from it in my current search for an associate position."

ITLP students must be Canadian citizens, permanent residents, or convention refugees, and must have completed a law degree in their home country.

To learn more, and how you can enrol, visit itlp.utoronto.ca.

# PACE OFFERS A VARIETY OF ENGAGING PROGRAMS

A full-time program, offered through Professional, Applied and Continuing Education (PACE) at the University of Winnipeg, could be your pathway to a new career. Enrolment for the following programs is open now.

The comprehensive internet systems specialist diploma program covers web design, web programming, web development, networking, and more.

The network security diploma program, offered jointly with Winnipeg Technical College, teaches students both the soft and hard skills they need for a career in information security.

If you are looking to earn your project management professional designation, the project management diploma program can prepare you to write the exam.

The police preparation diploma program prepares you for a variety of roles in the law enforcement sector.

The educational assistant diploma program includes an eight-week practicum, completed on-site at a school in the Winnipeg area.

ISTOCKPHOTO/THINKSTOCK

Financial analysis and management is a new diploma program emphasizing sustainable business approaches within a comprehensive financial framework.

PACE will also be offering a new digital marketing program, offered jointly with Memorial University, and a new standalone session on business fundamentals, offered in partnership with the Schulich School of Business.

These programs and more begin in September. For more information, call 204-982-6633, or visit pace.uwinnipeg.ca.

WINNIPEG TECHNICAL COLLEGE
REGISTER NOW
FOR PROGRAMS STARTING SEPTEMBER 2013
Carpentry
The Carpentry program provides students with the knowledge and skills to gain employment in an entry-level position within the construction industry including commercial, residential, and renovations. This program covers all subject areas in the Level 1 Carpentry Apprenticeship program as well as additional topics found in higher levels of the Apprenticeship training program that will enhance carpentry skills.
Motosport Technician
The Motosport Technician program provides students with the knowledge to develop skills in tool and equipment operation required to maintain, repair or rebuild motorcycles, snowmobiles and all-terrain vehicles. Students will build a foundation on vehicle systems including tune-up and diagnostics and learn about advanced technologies such as fuel injection and antilock brake systems.
wtc.mb.ca
204.989.6500

# SUPPORTING HIGH ACADEMIC STANDARDS

## MANITOBA FEDERATION OF INDEPENDENT SCHOOLS STRENGTHENING EDUCATIONAL MOSAIC

The Manitoba Federation of Independent Schools (MFIS) is the umbrella organization for funded, non-profit independent schools in the province of Manitoba. It represents schools that serve approximately 8,800 Manitoba families supportive of parental choice, diversity, and excellence in education.

Currently, 52 of Manitoba's 59 funded independent schools are members of MFIS. Member schools reflect the diversity of the Manitoba population: Catholic, Mennonite, Canadian Reformed, Anglican, Baptist, Islamic, Jewish, Lutheran, Seventh-Day Adventist, Christian non-denominational, and non-faith based.

In 2011-12, there were 13,837 students enrolled in funded independent schools. If considered a school division, funded independent schools would represent the fourth largest body of student enrolment in Manitoba (below the Winnipeg, River East-Transcona, and Louis Riel School Divisions).

ISTOCKPHOTO/THINKSTOCK

The mission of MFIS is "to support and encourage high educational standards and the values unique to our various school communities and to represent the interest and concerns of independent schools in Manitoba."

To that end, MFIS seeks to:

- Represent its members at all levels of government;
- Strengthen the educational mosaic in Manitoba;
- Encourage co-operation amongst its schools, together with related educational institutions, organizations, and departments;
- Support its member schools in meeting provincial regulations and mandates;
- Promote the place and responsibility of independent schools in our pluralistic society;
- Respect the diverse heritage, culture and faith of member schools;
- Foster the pursuit of high moral and academic standards of member schools.

MFIS provides timely professional development to teachers and administrators in member schools and speaks on behalf of independent education on various curricular and educational programming committees and forums in the province.

For more on independent education in Manitoba and member schools, visit the MFIS website at mfis.ca.

MFIS
Manitoba Federation of Independent Schools Inc.

**Manitoba Federation of Independent Schools**
seeks to encourage and support Independent Schools as part of the Educational mosaic in Manitoba; promoting **CHOICE, DIVERSITY,** and **EXCELLENCE.**

To find out more, please visit www.mfis.ca

Boston Marathon bombings

## *Fan experience sure to change after explosions*

CATHAL KELLY
Special to Metro

In one mad instant, someone has fundamentally changed the nature of sports fandom in North America.

There are greater immediate concerns — for those injured or killed on Monday afternoon at the finish line of the Boston Marathon.

But in the days to come, the focus will turn to security and our naked vulnerability when we go to a game.

It doesn't matter who did this, whether it was enemies foreign or domestic.

From now on, the danger we've only approached tentatively since Sept. 11, 2001 — the understanding that North Americans make the most inviting targets when they are gathered in crowds at sporting events — is fully upon us.

This was about symbolism. They targeted one of the few American sporting events that receives worldwide coverage. It happened on Patriots' Day in a city that has a good claim as the birthplace of the nation. The blasts happened about four hours after the start — which is traditionally when the most competitors are crossing the line.

This will be a different sort of tipping point than 9/11. That was a warning — "They're out to get us." This is a reminder — "They still can."

**GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY ON MONDAY'S ATTACKS IN BOSTON.**

The Jets and fans celebrate Andrew Ladd's goal against the Buffalo Sabres on Tuesday, April 9. The Jets hope to improve their bid for a playoff spot with a win over the Tampa Bay Lightning at the MTS Centre on Tuesday. TREVOR HAGAN/THE CANADIAN PRESS

# Crunch time for Jets in final playoff push

**NHL.** A tight Eastern Conference post-season race means every point is crucial for Winnipeg

With teams ahead of them in the Eastern Conference holding ground, it's make or break time this week for the Winnipeg Jets.

They play the final three of a six-game homestand, starting Tuesday against the Tampa Bay Lightning, as they try to nudge their way into a playoff spot.

Coach Claude Noel says it's an exciting time and he was probably one of the few who saw a lot of positive in the spring snowfall that blanketed the city Monday.

"It was good that it snowed, reminds us we're in the hockey season," he said after practice.

Thanks to their recent play, the Jets are still very much in hockey season, but even three wins in a row have failed to help them gain much ground. As of Monday morning, the New York Rangers sat in the eighth and final playoff spot in the East with 46 points, the Jets just below them with 44.

They took a little time off after last Thursday's win over the Florida Panthers but practised Sunday and Monday. Noel said Sunday's session, opened to an invited crowd, was less effective.

"I thought we had a good practice today, better than yesterday's practice. Our focus was way better, we had good energy. I think the guys are loose."

Tampa too has struggled, which should be good news. Like Tampa, all three of the teams Winnipeg beat last week — Philadelphia, Buffalo and Florida — sit below the Jets in the standings.

THE CANADIAN PRESS

**Capital concerns**

**A few weeks ago the Jets led the Southeast Division until their playoff path was disrupted by Washington.**

- **Double Trouble.** Back-to-back loses to the Capitals on March 21st and 22nd started a strong run for Washington. The Caps now lead the division with 48 points and thus occupy the third seed in the conference, pushing the Jets into a battle for eighth and final spot.

# Sox celebrations muted after marathon

Red Sox Jonny Gomes, left, and Jacoby Ellsbury, right, look on during the national anthem prior to their game against the Tampa Bay Rays at Fenway Park on Monday. All uniformed team members wore jersey number 42 in honour of Jackie Robinson Day. ALEX TRAUTWIG/GETTY IMAGES

The Red Sox and Rays were making their way out of Fenway Park when two explosions near the finish line of the Boston Marathon were heard at the stadium.

The Red Sox beat the Rays 3-2 on an RBI double by Mike Napoli in the ninth inning on Monday in Boston's traditional Patriots' Day morning game.

The game began at 11:05 a.m. and ended at about 10 minutes after 2 p.m. A little less than an hour after that, about a mile away, the explosions from Copley Square could be heard by those in and around Fenway — but not in the clubhouses where the teams were getting ready to leave.

**Bruins game called off**

**The NHL postponed Monday night's Boston Bruins game against the Ottawa Senators at TD Garden because of the Boston Marathon bombings.**

- No makeup date was scheduled.

The players seemed unaware of the explosions as they were interviewed by reporters. In the Red Sox room, they dressed in suits and ties for their trip to Cleveland, where they're scheduled to start a three-game series against the Indians on Tuesday night.

A team spokesman sent a text message saying the team had reached the airport.

THE ASSOCIATED PRESS

4 SPORTS

Curlers Rachel Homan and Alison Kreviazuk celebrate their world bronze in Riga, Latvia, on March 18. DEAN MOUHTATROPOULOS/GETTY IMAGES

# Ottawa skip looks to complete sweep

**Curling feat?** Rachel Homan hoping for strong Grand Slam of Curling finish in T.O.

National women's curling champion Rachel Homan can wrap up her breakout season in style this week at The Players' Championship.

She can complete a sweep of the Grand Slam of Curling events with a victory at Toronto's Mattamy Athletic Centre.

Homan is one of the headliners in a deep 15-team women's field. The strong men's draw also boasts 15 teams, including world champion Niklas Edin of Sweden and Tim Hortons Brier champion Brad Jacobs of Sault Ste. Marie, Ont.

Homan's rink has been dominant this season.

The Ottawa skip owns top spot on the Canadian Team Ranking System list. She won her first Scotties Tournament of Hearts title in Kingston, Ont., a couple months ago and then added a bronze medal in her world women's championship debut in Riga, Latvia.

A combined event purse of $200,000 is on the line at this week's bonspiel. An additional Grand Slam combined bonus of $200,000 will also be awarded.

Canadian teams are also fighting for berths in the Olympic trials and pre-trial competition.

Toronto's John Epping upset 2012 world champion Glenn Howard of Coldwater, Ont., in last year's TPC final. Epping, the lowest-seeded skip in the men's draw last year, hit the button with his final throw for a 7-6 win.

Alberta's Kevin Martin, Manitoba's Jeff Stoughton and 2006 Olympic champion Brad Gushue of Newfoundland and Labrador are also in the field.

Alberta's Heather Nedohin, Scotland's Eve Muirhead and Switzerland's Mirjam Ott are expected to contend in women's play. Muirhead won the women's world title last month while Ott is the 2012 world champion.

Play begins Tuesday night at the Mattamy Athletic Centre — formerly Maple Leaf Gardens — and continues through Sunday. THE CANADIAN PRESS

**Getting your rocks on a roll**

**"I think any kind of world experience is good for our team."**

**Lisa Weagle, lead for Rachel Homan's team** talks about her rink's recent success and the invaluable benefits of facing international competition.

MLB

## Buehrle buckles down in Jays win

J.P. Arencibia and Maicer Izturis hit homers and Mark Buehrle worked six and one-third innings for his first win as a Blue Jay in Toronto's 4-3 win over the Chicago White Sox on Monday night in Toronto.

Arencibia went deep in the first inning off Chicago starter Gavin Floyd (0-3) and Izturis put the Blue Jays ahead to stay an inning later. Aaron Loup gave up a run in the eighth before Casey Janssen picked up his fourth save to help Toronto (6-7) take the opener of the four-game series.

Buehrle (1-0), who spent 12 of his first 13 big-league seasons in Chicago, gave up two runs in the opening inning before settling down. He allowed nine hits, two walks and had three strikeouts.

Paul Konerko and Dayan Viciedo had RBI singles for the White Sox (5-8) in the first but Toronto used its speed and power to pull even in the bottom half of the frame. THE CANADIAN PRESS

NHL

## Crosby skates with mates in Pittsburgh

Pittsburgh Penguins star Sidney Crosby skated before the team's practice Monday.

Crosby wore a protective mask while skating with injured teammates James Neal and Paul Martin.

Coach Dan Bylsma said there is no timetable for Crosby's return, but called it a positive step for the NHL's leading scorer.

"I would say a foot in the water," Bylsma said. "I didn't go out there and see how hard he did go, but I know he was just out for basically a skate. He got out there for a little bit of exercise and to get on the ice." THE ASSOCIATED PRESS

Sidney Crosby takes a breather during a skate at Consol Energy Center in Pittsburgh on Monday. THE ASSOCIATED PRESS

## NHL. Oilers swap in MacTavish for Tambellini

The Edmonton Oilers fired general manager Steve Tambellini Monday, saying the window of opportunity is short with their young guns and that Tambellini wasn't getting it done.

Tambellini, in his fifth season as GM, was replaced by former Oiler coach and vice-president Craig MacTavish.

"I'm an impatient guy," MacTavish told a news conference at Rexall Place, sitting beside Kevin Lowe, the Oilers' president of hockey operations.

"We're at the stage in terms of the cycle of our hockey club right now that we have to do some bold things. We have to expose ourselves to some semblance of risk to try and move the team forward in a rapid fashion," said MacTavish.

"We've got primary pieces here but we've got to add some depth to help these young players."

MacTavish was the Oilers coach from 2001 to 2008, then left hockey to acquire an MBA at Queen's University. He returned to the Oilers last summer as the senior vice-president of hockey operations.

Craig MacTavish at Tuesday's press conference in Edmonton. THE CANADIAN PRESS

With Lowe and MacTavish at the podium was former Oilers assistant GM Scott Howson.

Howson was recently fired in February as GM of the Columbus Blue Jackets and now takes over MacTavish's old role as senior vice-president of hockey operations. THE CANADIAN PRESS

**Quoted**

**"Losing five in a row, how we lost, where we are — all those things go into the decision."**

**Kevin Lowe, Edmonton Oilers' president of hockey operations** on firing Steve Tambellini.

## NBA

### EASTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| z-Miami | 65 | 16 | .802 | — |
| y-New York | 53 | 28 | .654 | 12 |
| y-Indiana | 49 | 31 | .613 | 15½ |
| x-Brooklyn | 48 | 33 | .593 | 17 |
| x-Atlanta | 44 | 36 | .550 | 20½ |
| x-Chicago | 44 | 37 | .543 | 21 |
| x-Boston | 41 | 39 | .513 | 23½ |
| x-Milwaukee | 37 | 43 | .463 | 27½ |
| Philadelphia | 33 | 48 | .407 | 32 |
| Toronto | 32 | 48 | .400 | 32½ |
| Detroit | 29 | 52 | .358 | 36 |
| Washington | 29 | 52 | .358 | 36 |
| Cleveland | 24 | 57 | .296 | 41 |
| Charlotte | 20 | 61 | .247 | 45 |
| Orlando | 20 | 61 | .247 | 45 |

### WESTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| y-Oklahoma City | 59 | 21 | .738 | — |
| y-San Antonio | 58 | 22 | .725 | 1 |
| x-Denver | 55 | 25 | .688 | 4 |
| y-L.A. Clippers | 54 | 26 | .675 | 5 |
| x-Memphis | 54 | 26 | .675 | 5 |
| x-Houston | 45 | 35 | .563 | 14 |
| x-Golden State | 45 | 35 | .563 | 14 |
| L.A. Lakers | 44 | 37 | .543 | 15½ |
| Utah | 43 | 38 | .531 | 16½ |
| Dallas | 40 | 40 | .500 | 19 |
| Portland | 33 | 47 | .413 | 26 |
| Minnesota | 30 | 51 | .370 | 29½ |
| Sacramento | 28 | 52 | .350 | 31 |
| New Orleans | 27 | 54 | .333 | 32½ |
| Phoenix | 24 | 56 | .300 | 35 |

x — clinched playoff berth z — clinched conference
y — clinched division

**MONDAY'S RESULTS**
Miami 96, Cleveland 95
Charlotte 106, New York 95
Chicago 102, Orlando 84
Brooklyn 106, Washington 101
Detroit 109, Philadelphia 101
Utah 96, Minnesota 80
Memphis at Dallas
Sacramento at Oklahoma City
Denver at Milwaukee
Houston at Phoenix
San Antonio at Golden State

**TUESDAY'S GAMES**
**All Times Eastern**
Toronto at Atlanta, 7:30 p.m.
Indiana at Boston, 8 p.m.
Portland at L.A. Clippers, 10:30 p.m.

## NHL

### EASTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|---|
| dx-Pittsburgh | 42 | 32 | 10 | 0 | 0 | 141 | 102 | 64 |
| dx-Montreal | 41 | 26 | 10 | 3 | 2 | 128 | 100 | 57 |
| d-Washington | 42 | 23 | 17 | 2 | 0 | 129 | 118 | 48 |
| x-Boston | 41 | 26 | 11 | 2 | 2 | 116 | 91 | 56 |
| Toronto | 42 | 24 | 13 | 0 | 5 | 130 | 113 | 53 |
| Ottawa | 41 | 21 | 14 | 2 | 4 | 101 | 89 | 48 |
| NY Islanders | 42 | 21 | 16 | 4 | 1 | 119 | 122 | 47 |
| NY Rangers | 41 | 21 | 16 | 0 | 4 | 100 | 96 | 46 |
| Winnipeg | 42 | 21 | 19 | 0 | 2 | 109 | 123 | 44 |
| Buffalo | 43 | 18 | 19 | 2 | 4 | 111 | 128 | 42 |
| New Jersey | 42 | 15 | 17 | 3 | 7 | 96 | 115 | 40 |
| Philadelphia | 41 | 17 | 21 | 1 | 2 | 108 | 126 | 37 |
| Tampa Bay | 42 | 17 | 22 | 1 | 2 | 133 | 131 | 37 |
| Carolina | 41 | 17 | 22 | 1 | 1 | 107 | 131 | 36 |
| Florida | 41 | 13 | 22 | 5 | 1 | 99 | 142 | 32 |

### WESTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|---|
| dx-Chicago | 41 | 32 | 5 | 0 | 4 | 134 | 85 | 68 |
| dx-Anaheim | 42 | 27 | 10 | 2 | 3 | 125 | 105 | 59 |
| d-Vancouver | 41 | 23 | 12 | 1 | 5 | 112 | 100 | 52 |
| Los Angeles | 42 | 24 | 14 | 1 | 3 | 120 | 104 | 52 |
| San Jose | 41 | 21 | 13 | 3 | 4 | 102 | 102 | 49 |
| St. Louis | 41 | 23 | 16 | 1 | 1 | 110 | 104 | 48 |
| Minnesota | 41 | 22 | 16 | 1 | 2 | 105 | 103 | 47 |
| Detroit | 42 | 20 | 15 | 3 | 4 | 106 | 107 | 47 |
| Dallas | 41 | 21 | 17 | 2 | 1 | 116 | 121 | 45 |
| Columbus | 42 | 19 | 16 | 3 | 4 | 102 | 107 | 45 |
| Phoenix | 41 | 18 | 16 | 3 | 4 | 110 | 110 | 43 |
| Edmonton | 41 | 16 | 18 | 4 | 3 | 103 | 115 | 39 |
| Nashville | 43 | 15 | 20 | 2 | 6 | 98 | 118 | 38 |
| Calgary | 41 | 16 | 21 | 1 | 3 | 110 | 141 | 36 |
| Colorado | 42 | 14 | 22 | 4 | 2 | 100 | 131 | 34 |

x — clinched playoff berth y — clinched division

**MONDAY'S RESULTS**
Toronto 2 New Jersey 0
Ottawa at Boston
Philadelphia at Montreal
Dallas at Chicago
Vancouver at Nashville
Columbus at Colorado
Minnesota at Calgary,
San Jose at Phoenix

**TUESDAY'S GAMES**
**All Times Eastern**
Florida at NY Islanders, 7 p.m.
Toronto at Washington, 7 p.m.
Carolina at Ottawa, 7:30 p.m.
NY Rangers at Philadelphia, 7:30 p.m.
Vancouver at St. Louis, 8 p.m.
Tampa Bay at Winnipeg, 8 p.m.
Minnesota at Edmonton, 9:30 p.m.
Los Angeles at San Jose, 10:30 p.m.

## MLB

### AMERICAN LEAGUE

**EAST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Boston | 8 | 4 | .667 | — |
| New York | 6 | 5 | .545 | 1½ |
| Baltimore | 6 | 6 | .500 | 2 |
| Toronto | 6 | 7 | .462 | 2½ |
| Tampa Bay | 4 | 8 | .333 | 4 |

**CENTRAL DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Detroit | 7 | 5 | .583 | — |
| Kansas City | 7 | 5 | .583 | — |
| Cleveland | 5 | 6 | .455 | 1½ |
| Chicago | 5 | 8 | .385 | 2½ |
| Minnesota | 4 | 7 | .364 | 2½ |

**WEST DIVISION**

| | W | L | Pct | GB |
|---|---|---|---|---|
| Oakland | 9 | 4 | .692 | — |
| Texas | 8 | 5 | .615 | 1 |
| Seattle | 6 | 8 | .429 | 3½ |
| Houston | 4 | 8 | .333 | 4½ |
| Los Angeles | 4 | 8 | .333 | 4½ |

**MONDAY'S RESULTS**
Boston 3 Tampa Bay 2
Toronto 4 Chicago White Sox 3
L.A. Angels at Minnesota
Houston at Oakland

**TUESDAY'S GAMES**
**All times Eastern**
Arizona (McCarthy 0-1) at N.Y. Yankees (Nova 0-1), 7:05 p.m.
Boston (Doubront 0-0) at Cleveland (Jimenez 0-1), 7:05 p.m.
Tampa Bay (Hernandez 0-2) at Baltimore (Arrieta 0-0), 7:05 p.m.
Chicago White Sox (Axelrod 0-1) at Toronto (Johnson 0-1), 7:07 p.m.
L.A. Angels (Vargas 0-1) at Minnesota (Pelfrey 1-1), 8:10 p.m.
Houston (Peacock 1-1) at Oakland (Griffin 2-0), 10:05 p.m.
Detroit (Fister 2-0) at Seattle (Harang 0-0), 10:10 p.m.

### NATIONAL LEAGUE

**MONDAY'S RESULTS**
Cincinnati 4 Philadelphia 2
Washington 10 Miami 3
N.Y. Mets at Colorado, postponed
St. Louis at Pittsburgh
San Diego at L.A. Dodgers

## Horoscopes

### ♈ Aries
**March 21 - April 20**
What looks confusing today will look simple tomorrow, so don't get frustrated that you don't seem to be making much progress. Everything is moving along at exactly the speed it needs to move, so relax.

### ♉ Taurus
**April 21 - May 21**
It would appear that you are torn between two extremes and unable to decide in which direction to move next. Why not just wait it out?

### ♊ Gemini
**May 22 - June 21**
There is a pattern to the events now taking place and if you keep your eyes and ears open today, you should be able to work out what it is. Once you've done that, you'll have a huge advantage over rivals.

### ♋ Cancer
**June 22 - July 23**
You may be hugely interested in what a friend is suggesting you do together but pretend you are not that into it. Let them persuade you it's a good idea. Play hard to get.

### ♌ Leo
**July 24 - Aug. 23**
You may not want to hurt someone's feelings by revealing damaging information, but you have no choice. If you don't clue them in, they will find out and blame you for keeping it from them.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Some people enjoy being victims and one such person will pull out all the stops to make you feel bad for them. Be a Good Samaritan but give your help only where it is genuinely needed.

### ♎ Libra
**Sept. 24 - Oct. 23**
You may not want to admit that you made a mistake but it's for the best. Only when you have owned up to some sort of transgression will you get the chance to move on.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Ignore any differences of opinion you may have with a work colleague. It's quite easy to avoid issues that could start an argument. There are plenty of things you agree about.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
You may have opinions about something but are advised not to shout them, at least not in the hearing of people who might take offence. Self-preservation is more important than having your say.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
It seems you have made a stand on a point of principle and now there can be no backing out. This is one of those situations when you must go all the way. Others will rally to your cause too.

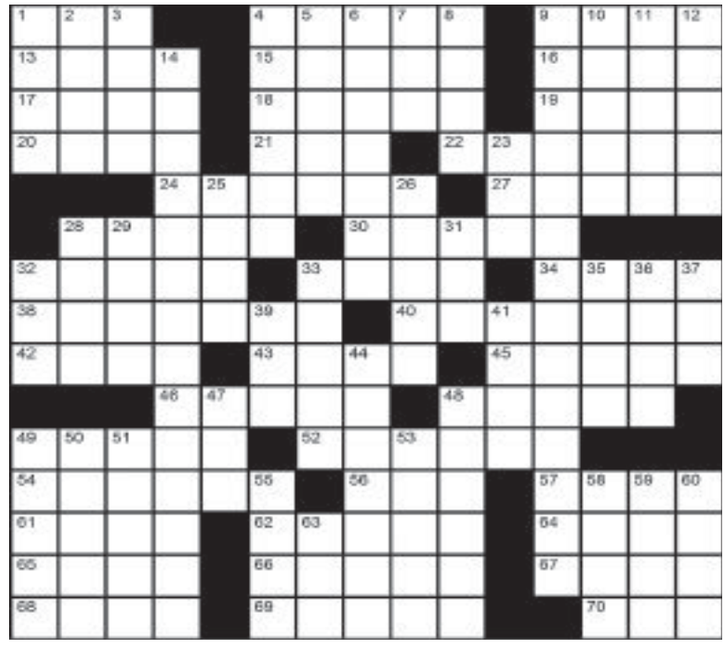
### ♒ Aquarius
**Jan. 21 - Feb. 19**
This is going to be a busy day for you, so don't waste time and energy on issues, or on people, that don't move you closer to your long-term goal. Work smarter, not harder.

### ♓ Pisces
**Feb. 20 - March 20**
Try not to make it too obvious what you are up to today. If you act a little bit reserved, others will see you in a more serious light. Whether or not that's justified is another matter. **SALLY BROMPTON**

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

**BY KELLY ANN BUCHANAN**



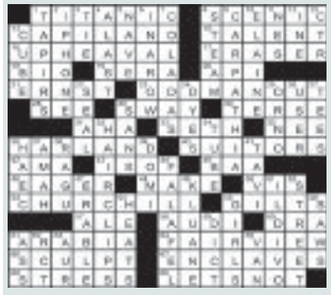
**Across**

1. Mil. installation, as Petawawa or Trenton
4. TV classic, "Green __"
9. Grand event
13. 'Fed' finishers (Stylish hats)
15. Norse goddess of love
16. "_ __ can you..." (American anthem opener)
17. Advanced math course, for short
18. Acting jobs
19. Puerto __
20. __ and terminer
21. __-inspiring
22. Like many treasures
24. Sportswear company
27. Gives food to
28. X-__
30. Use profanities
32. Around, in dates
33. British funny character, Mr. __
34. Canadian country singer Mr. Brownlee
38. Married-to-each-other Canadian actor/comedians, Colin __ and...
40. ...Cont. from #38-Across, Debra __
42. "Let's leave __ __ that."
43. Movie snippet
45. Moves, molasses-style
46. Polls/surveys conductor, __ Reid
48. Models
49. "Melrose __"
52. Harbour structures
54. Give heed
56. River: Spanish
57. Auto race, __ 500
61. Singer/songwriter, India.__
62. Borders on
64. Filmmaker Ms. Ephron
65. __-covered, as unprotected iron
66. 'D' in SYTYCD
67. Chew
68. Use a ruler, for short
69. Ancient looped-crosses of Egypt
70. Carpentry tool

**Down**

1. Fashion icon Ms. Chanel
2. Skirmish
3. Hay bundle
4. Scared
5. Bunch of people
6. Let go
7. Third __ Blind (Rock band)
8. Belt alternative
9. Spanning the Detroit River, the Ambassador in Windsor is not just a bridge, it's also a what?: 2 wds.
10. Actor's line spoken to the audience
11. Like many running shoes
12. City in France [var. sp.]
14. Some lottery purchases: 2 wds.
23. "___ Tree Falls" by Bruce Cockburn
25. Letter's beginning word...
26. Wetland
28. Unruly disturbance
29. Medieval chest
31. Britannica, e.g.
32. Gladiator's 901
33. Under
35. Smog
36. 'Deterior' suffix (Becomes worse)
37. English novelist Mr. Lawrence, et al.
39. 'Electron' suffix
41. Blunder
44. "Honey, _ __ the Kids" (1989)
47. Baseball great, "__ Wee" Reese
48. Non-poetic writings
49. Shoppers Drug Mart, e.g.
50. John Candy "SCTV" character, Johnny __
51. "Big Brother Canada" host Ms. Cox
53. G's spelled-out follower
55. Zippo
58. Songstress Ms. Hendryx
59. Pencil a scene
60. Two-masted boat
63. Prohibit

## Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | | | 4 | | 3 | | | |
| 9 | 4 | | | | | | 2 | 8 |
| | 5 | | | 8 | | 6 | | |
| | 9 | | 8 | 1 | | | | 7 |
| | | 8 | | | | 3 | | |
| 4 | | | | 2 | 5 | | 8 | |
| | | 9 | | 5 | | | 6 | |
| 7 | 1 | | | | | | 5 | 9 |
| | | | 9 | | 8 | | | 1 |

## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 3 | 1 | 9 | 7 | 8 | 4 | 6 | 5 |
| 8 | 7 | 4 | 3 | 5 | 6 | 9 | 1 | 2 |
| 6 | 9 | 5 | 4 | 1 | 2 | 7 | 3 | 8 |
| 9 | 4 | 8 | 1 | 6 | 3 | 2 | 5 | 7 |
| 7 | 6 | 3 | 5 | 2 | 4 | 1 | 8 | 9 |
| 5 | 1 | 2 | 7 | 8 | 9 | 3 | 4 | 6 |
| 3 | 2 | 9 | 8 | 4 | 5 | 6 | 7 | 1 |
| 1 | 8 | 6 | 2 | 3 | 7 | 5 | 9 | 4 |
| 4 | 5 | 7 | 6 | 9 | 1 | 8 | 2 | 3 |

## Weather

| TODAY | WEDNESDAY | THURSDAY |
|---|---|---|
| MAX: -3° MIN: -7° | MAX: 1° MIN: -5° | MAX: 2° MIN: -7° |

BT BREAKFAST TELEVISION

**JENNA KHAN**
**WEATHER SPECIALIST**
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Implicit Price Match +* Guaranteed
See what you've been missing
Your vision is precious and priceless, keep it that way for life after Lasik from Eyetech
• More procedures • More choices
• Most experienced Lasik surgeon in Manitoba
BOOK YOUR FREE CONSULTATION TODAY!
*Some restrictions apply.
204-946-5595
250 Portage Ave.
www.eyetechlasik.com
Eyetech LASIK clinic

# How do I become a Dentist ?

## Explore what you want to be and how to get there.

Visit **CareerBear.com** to learn more